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Research on the Influence and Countermeasures of Mobile Phone Culture on Teenagers

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Abstract: *By analyzing the current situation of teenagers' mobile phone culture and the problems of teenagers' use of mobile phones, this paper puts forward a series of measures and methods to solve the problems in view of the influence of mobile phone culture on teenagers' learning, life, physical and mental health, so as to reduce the adverse effects of mobile phone culture on teenagers and ensure their healthy growth.*

Keywords: *Mobile phone culture; Youth; Mobile communication; Network*

The Current Situation of Teenagers' Mobile Phone Culture

According to the "44th Statistical Report on the Development of Internet in China" issued by China Internet Network Information Center in Beijing on July 19, 2019, by the end of June 2019, the number of Internet users in China has reached 854 million, and the scale of mobile Internet users has reached 847 million, accounting for 99.1% of the total number of Internet users in China. The number of young people's mobile phone users exceeds 154 million, and it is still growing rapidly. Mobile phones surpass desktop computers to become the largest Internet terminal and the first internet tool for young people. The popularity of mobile network makes it easier for young people to access the Internet. With the popularity of mobile phones, mobile phone culture has become popular culture. Teenagers are easy to accept new things and like to follow popular culture, which coincides with the mobile phone culture with the characteristics of popular culture. Teenagers become the main followers and consumers of mobile phone culture. All kinds of bad information content wantonly attacks the mobile phone users, especially young students. The number and exposure degree of them are astonishing. As the film "Mobile Phone" said: "if the mobile phone is not used properly, it is no longer a mobile phone, but a grenade." Mobile phone and mobile communication not only bring people convenience and fun, but also bring people all kinds of worries. The proliferation of mobile phone bad information has brought great hidden danger to the physical and mental health of teenagers and affected their healthy growth. Mobile phone cultural life is infiltrating into all aspects of teenagers' daily life, and at this stage, many social problems have been found due to the popularity of mobile phones among young people, such as education problems, social security problems and so on. The negative impact of mobile phone and its culture is gradually highlighted. Therefore, the social and cultural impact of mobile phone has begun to attract extensive attention of experts and scholars at home and abroad.

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The Influence of Mobile Phone Culture on Teenagers

As a popular culture, mobile phone culture caters to teenagers' unconventional thinking mode of seeking innovation and rebelliousness. It penetrates into all aspects of teenagers' lives and accompanies them all the time, which will inevitably have a significant impact on teenagers.

Mobile Phone Culture Influences Teenagers' Study

Because the mobile phone is small in size, cheap in price, easy to carry and use, convenient to surf the Internet, various forms of optional charges, and has the characteristics of mobility, it is popular among teenagers. More and more students are using mobile phones to surf the Internet. Some students even secretly use mobile phones in class to play games, read novels, chat and so on. In Cao Ying, in Han, in the mind, immersed in the private world, what remains in the class is a body, which seriously affects the quality of class. There were still some students too much reliance on mobile Internet access to information, the use of mobile search the teacher's lecture, to find the answer now, this is not conducive to the students' ability of learning and thinking of exercise, ever young students dependence on the phone for a long time, is not conducive to cultivate the students' learning enthusiasm and initiative, is unfavorable to the cultivation of the students' thinking ability training and assiduous spirit. Some students even use mobile phones to cheat in exams, which seriously affects normal study.

mobile Culture Influences the Life Style of Teenagers

American media theorist Paul Levinson makes a vivid analysis of the social and cultural effects of mobile phones. He believes that there are two basic ways of communication: speaking and walking. Unfortunately, since the birth of human beings, the two functions began to be divided, and the two communication modes were unified until the mobile phone came out of the sky; The Internet takes us to the Internet space to roam, but it nails us to our seats. On the contrary, mobile phones take us to the real world for a walk. In hand, we have a mobile home with full armed forces (Li & Wu, 2011). "Mobile phones have become our new organs," said Zhang Yiwu, a professor at the Chinese Department of Peking University Mobile phone communication becomes increasingly important, "if the phone forgets at home, it will be very anxious, but it is not serious to go back to see it.". Many people suffer from the so-called "cell phone syndrome", and take out their mobile phones to see from time to time, constantly making phone calls, reading information, and even appearing "illusion", the impact of mobile phones on people's lives can be seen. Mobile phones seem to be increasingly "omnipotent" and increasingly indispensable (Han, 2012). Teenagers have obvious public psychology. As a popular culture of mobile phone culture, teenagers will not be absent naturally. Mobile phone culture can identify the unique identity of young people, show their unique charm, highlight their unique taste, and publicize their unique personality, so as to facilitate the integration of teenagers into the group. Through mobile phones, when you have trouble, you can talk to parents in time, have ideas to communicate with parents in time, and feel the warmth of your home at any time. This is an important reason why mobile phones are popular among young students. Through mobile phones, teenagers can express their unhappiness to society, school and family directly, release their emotions and relieve psychological pressure, so as to meet their unrealized wishes in formal occasions.

Mobile Phone Culture Affects the Physical and Mental Health of Teenagers

Mobile phone screen is relatively small, the contrast between the handwriting and the screen is not obvious, long time staring at the small screen for text reading and processing, easy to cause visual fatigue, if you do not pay attention to eye hygiene, easy to cause myopia or aggravate the degree of myopia, damage to the eyes of teenagers. According to an article in The Times a few years ago, "Children receive 50 percent more radiation from cell phones than adults. Fifty percent of the radiation from cell phones penetrates into the brain of a five-year-old, and the rate drops to 30 percent for a 10-year-old." (Lu, 2016). Compared with adults, teenagers also have a higher radiation absorption rate than mobile phones. If teenagers use mobile phones for a long time and become dependent on mobile phones, they will reduce outdoor activities, which is naturally detrimental to their physical growth. Teenagers wet behind not deep, strong curiosity, is more sensitive to new things, but the judgment is not strong, received the vulgar, violence, pornographic information, tend to play to read carefully, and then out of curiosity, fresh, and forwarding, accelerating spread bad information, expand information not influence, this mobile phone easy to affect adolescent health.

The impact of mobile phones on teenagers' physical health is relatively easy to attract parents' attention and control, while the impact on mental health is not so easy to be found, because it always works imperceptibly through infiltration, making it impossible to guard against. Mobile phone bad information like "psoriasis", pervasive, but not clean, stubbornly pollute the mental health and personality development of young people. If often stimulated by bad information, teenagers are easy to lose themselves, go astray, cause a variety of psychological problems.

The Influence of Mobile Phone Culture on Teenagers' Value Orientation

Mobile phone culture is characterized by high concealment, strong communication power and diversified content. Like other popular cultures, the fashion created by you, after you sing, is often presented to young people by means of repeated bombing, forced acceptance and suggestion, such as wearing famous brand clothes, driving a private car, living in a high-grade villa, using fashion packaging, etc, In the long run, hedonism will be engraved in the minds of young people, which will imperceptibly affect their value orientation. Mobile phone culture promotes some lifestyles, values and ideas to the defenseless teenagers, which makes them form a psychological stereotype and unconsciously doubt, adjust and expand their fashion desires. Teenagers' psychological age and physiological age do not match, lack of identification with the mainstream ideology, weak ability to judge right and wrong, and diversified values. Without correct guidance of mobile phone culture, it is easy to have one-sided understanding and lead to misjudgment.

The Influence of Mobile Phone Culture on Teenagers' Emotion

Some teenagers often use mobile phones to keep in touch with their friends and communicate their emotions, rather than face-to-face communication, which will alienate each other. Introverted people try to get emotional support from the outside world through mobile phones, express their thoughts and wishes with the help of mobile phones, and reduce the tension of positive communication. They are not willing to express their views in public. They rely too much on mobile phones for interpersonal communication and deprive

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the real communication time. They will be more and more divorced from the normal communication circle and affect their social communication ability. Some teenagers spend a lot of time on mobile Internet, chatting and playing games, but they are not willing to participate in social activities. As time goes by, they will be far away from the reality of interpersonal communication.

Mobile Phone Culture Influences Teenagers' Behavior

Mobile media provides a way for teenagers to adjust and leisure, and has become a tool for teenagers' entertainment and leisure. Mobile phones are convenient to use, highly concealed and difficult to be noticed by others. This entertainment mode enables teenagers to have the right to control their leisure time independently, thus creating conditions for their personality development. At the same time, because teenagers are in a long physical and psychological stage, they are not strong in things and have weak self-control. When they come into contact with bad information, they are prone to impulsion and do things that are harmful to others and themselves, or even to commit crimes. Excessive entertainment will cause young people can not take social activities seriously, can not take social environment seriously, which will seriously affect the behavior of young people.

Measures to Deal with the Culture of Mobile Phone for Teenagers

Strengthen Legislation and Law Enforcement, Improve the Construction of Mobile Phone Communication Law for Governments

With the development of communication industry, more and more mobile phone users and more information are growing. There are many unhealthy information endangering society. We should strengthen the legislative protection in this regard and protect the majority of mobile phone users in the form of law. At present, the regulations we can use to control the content of mobile phone information are mainly "telecommunication regulations of the people's Republic of China" and "measures for the management of Internet information services of the people's Republic of China". However, these regulations can not reflect high-intensity pertinence in operability, and the special protection of teenagers is not clearly reflected. However, the law on the prevention of juvenile delinquency and the law on the protection of minors have not made corresponding clear provisions for the harmful harm of information. In other words, the legal community has not formed a unified consensus on how to define illegal information, especially the lack of legal relief for teenagers when they are suffering from the pollution of bad information. The government should strengthen supervision and punishment of bad information through legislation. Once operators are found to disseminate such bad information as yellow and violent information, they shall immediately order to stop and cancel their market access qualification. We will resolutely crack down on the harmful social harm of the pornography, violence and reactionary mobile phone information in accordance with the law, so that information operators and content providers can take social moral responsibility and bear corresponding legal responsibilities.

Improve Communication Technology, Strengthen Information Monitoring for Information Operators

Communication enterprises should strengthen supervision, clarify responsibilities, formulate corresponding preventive measures and methods, pay equal attention to economic and social benefits, bear social responsibilities, screen and filter bad information, increase technical investment and update, timely screen or delete information containing vulgar, pornographic, violent and reactionary contents and personal attack contents through technical means, so as to timely discover and update the information Deal with it in a timely manner, and investigate the responsibility of the parties if the circumstances are bad. Further develop the mobile phone culture industry, and constantly occupy the mobile network with healthy and beneficial content, so that the mobile phone will become an information source and application platform that consumers are willing to use and use at ease.

Enrich Students' Cultural Life, Strengthen Guidance for Schools

Release health and mainstream information, set up forums, let young people have a big discussion on the hot issues around them, express their opinions in time, amplify the mainstream voice, and guide ideological and public opinion. Through the popularization of mobile phone science knowledge, mobile phone literature competition, reasonable use of mobile phone lectures and other activities to create a strong atmosphere, mobile phone culture into students' Ideological Education and campus cultural activities. At the same time, more interactive activities are held to communicate in time. For example, schools can offer mental health education courses with the theme of mobile phone problems, so that teenagers can understand the advantages and disadvantages of mobile phones from the discussion, so as to achieve self-regulation. Make the students really change their mind and put all their energy into study. Schools should enrich students' cultural life, pay attention to the ideological education and guidance of students, and conduct in-depth research on the relationship between mobile phone culture and young students. Schools should strengthen management, formulate corresponding rules and regulations, prohibit students from using mobile phones in class, criticize and educate them once they are found, take some punishment measures if they fail to change after repeated education, and strictly stop cheating with mobile phones. Schools should strengthen ideological education activities to make students understand the harm of not using mobile phones correctly according to the norms, improve students' ideological awareness, standardize their own behavior, and fundamentally solve the same problem.

Actively Understand and Participate in Mobile Phone Culture for Teachers

Young students who grow up with Internet services have a strong ability to accept new things. In the face of common social changes and mass communication, educators often receive information later or less than the educated, thus losing the priority of publicity, education and interpretation. If teachers can not understand and participate in mobile phone culture, they will lose the right to speak and control. Therefore, teachers should actively understand the characteristics of young people's mobile phone culture, the rules of young people's use of mobile phones, understand their lives, and listen to their voices. Only in this way can they understand what young people think and do, seize the commanding height of mobile phone culture education, take effective measures to guide young people to choose information correctly, and resist the erosion of bad information on young people, Create a healthy mobile phone culture environment“ The education should start with teachers, strengthen teachers' Moral Cultivation and set an example. For example, during the class, teachers should

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turn off their mobile phones, do not bring mobile phones into the classroom, do not credulously believe false information, do not spread unhealthy information, do not browse unhealthy websites, and do a good job of demonstration.

Strengthen Communication and Cooperation between the School and Parents

Many parents of mobile phone radiation, there is a greater harm to teenagers, affect the health of the body is not very aware of the teenagers using mobile phones in the end what is not very clear, but to call a mobile phone to lie appears a face of helplessness. It seems that the school and parents lack of communication, the school should take the initiative to contact with parents, the use of mobile phones in school feedback to parents, clearly inform the potential harm of mobile phones to children, so that parents take the initiative to cooperate with the school to do a good job in the ideological work of students. For example, when communicating with the child, both parties should agree on the call fee, the time and occasions for the use of the mobile phone, and keep in touch with the teacher to understand the child's performance at school. Adolescent growth characteristics decide that they have strong curiosity and rebellious psychology, parents should be more from the perspective of children, understand children, understand children, more communication with children, rational treatment of adolescent behavior of mobile phone use, control the consumption of time, help children cultivate self-discipline consciousness, urging them to reasonably use of mobile phones, build the child good growth environment (Wang & Chen, 2012).

Strengthen Self-Discipline, Establish a Good Consumption Concept, Consciously Resist Bad Information for Teenagers

The good and bad are intermingled, in view of the current mobile information content, medium of young students to improve their self-cultivation, enhance their ability to identify, establish the good idea, cultivate elegant mobile phone cultural viewpoint, form a closed cell phone in class, in active shutdown or other public mutes habit, cultivate good mobile phone culture moral consciousness. To have a sense of self-discipline, do not view, do not believe, do not spread unhealthy mobile phone culture content, do not use the mobile phone to do unreasonable things. Finally, reasonable consumption concept should be advocated to eliminate the consumption psychology of comparison and rational consumption. "Information garbage" has a great harm to the healthy life of teenagers, so that people are impossible to guard against. Teenagers should constantly strengthen self-cultivation, improve their awareness of "independence of caution", purify their souls and resist the influence of bad information. President Harry Truman famously said, "The bucks stop here!" . In many cases, self-discipline can achieve the desired effect more than heteronomy. If every teenager can make the bad information end in his own place, the flood of bad information will certainly be effectively controlled (Shi & Tao, 2007). Only when teenagers have strong resistance to unhealthy information content can they achieve the purpose of self-education.

In a word, the popularity and popularization of mobile phone culture among teenagers is inevitable. We should clearly understand the influence of mobile phone culture on teenagers and adopt proper measures to seek advantages and avoid disadvantages so as to let teenagers grow up healthily.

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