



**SEVERAL SOLUTIONS TO POSITIVE INTERNET BEHAVIOR -
SOCIAL NETWORK FOR STUDENTS AT SCHOOL OF FOREIGN LANGUAGE -
THAI NGUYEN UNIVERSITY**

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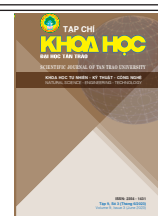
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Abstract:

With the rapid development of science and technology, along with the increasing demand and quality of people's lives, approaching and understanding new trends from the outside society are a very necessity. This is not difficult for everyone, especially young people. A significant part of young people is the students. They can "catch the trend", and update the domestic and world news easily and quickly by accessing the Internet and social networks anywhere, anytime. In this paper, we investigate, research, and evaluate how to use the Internet of students at the School of Foreign Languages - Thai Nguyen University. Then, we propose several specific solutions to help students of the School of Foreign Languages to know how to analyze, identify and exploit the positive things as well as prevent the negative problems when using the Internet - Social networks.



MỘT SỐ GIẢI PHÁP TÍCH CỰC HÓA HÀNH VI SỬ DỤNG INTERNET - MẠNG XÃ HỘI CHO SINH VIÊN TRƯỜNG NGOẠI NGỮ ĐẠI HỌC THÁI NGUYÊN

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Thông tin bài viết	Tóm tắt
<p>Ngày nhận bài: 26/12/2022</p> <p>Ngày sửa bài: 18/03/2023</p> <p>Ngày duyệt đăng: 16/5/2023</p> <p>Từ khóa:</p> <p>Hành vi sử dụng, Internet, Mạng xã hội.</p>	<p>Sự phát triển như vũ bão của công nghệ và khoa học kỹ thuật cùng với nhu cầu, chất lượng đời sống của con người ngày một tăng lên thì việc tiếp cận, lĩnh hội với những xu hướng mới từ xã hội bên ngoài là một nhu cầu tất yếu. Điều này không mấy khó khăn với tất cả mọi người, đặc biệt là giới trẻ. Một bộ phận không nhỏ của giới trẻ là chính là thế hệ học sinh, sinh viên. Họ có thể “bắt trend”, cập nhật các tin tức thế giới cũng như tình hình trong nước một cách dễ dàng, nhanh chóng thông qua việc truy cập Internet và các mạng xã hội bất cứ ở đâu, thời điểm nào. Trong khuôn khổ báo cáo này, chúng tôi thông qua tìm hiểu, khảo sát thực tế và đánh giá việc sử dụng Internet của sinh viên trường Ngoại ngữ - Đại học Thái Nguyên, từ đó đề xuất một số giải pháp cụ thể giúp cho sinh viên trường Ngoại ngữ biết phân tích, nhận định và khai thác các mặt tích cực cũng như hạn chế các vấn đề tiêu cực khi sử dụng Internet - Mạng xã hội.</p>

QUESTION

It cannot be denied the important role of the Internet in all fields of science-technology, economy-culture-society.. The Internet has become an indispensable tool in today's life and work. When the Covid-19 pandemic broke out globally, the Internet became a public medium that allows people to easily grasp information, exchange, process work, meetings, learning, even counseling for medical treatment.. It somewhat helps to operate, circulate some aspects of the society's development at the time of the pandemic and become an “effective assistant” in modern life.

In education, the Internet has played a huge role in promoting the development and changing the teaching methods of all levels and fields of study.

This has also resulted in an increased demand for the use and exploitation of the Internet by students. With a fast-paced and constantly evolving lifestyle, the younger generation of students across the country, and specifically at Thai Nguyen University of Foreign Languages, have been greatly influenced by the Internet in their mental and academic lives. However, apart from the positive aspects, the Internet also brings many negative effects that affect the emotions, personal beliefs, and lifestyles of students. If not guided and equipped with sufficient knowledge of society, law, and technology exploitation skills, students are susceptible to the negative impacts of social media and the darker side of the Internet.

1. Factors influencing students' Internet and social media behavior

Concept of Behavior, Social Media Behavior of Students:

Behaviour: is the subject's behaviour towards the environment, towards themselves, and others due to the sense of direction, control and adjustment. [2,15]

The behaviour of using the Internet and Social Networks of students: is the way humans behave with the means to achieve the goals of the subject and the person, this behavior must be expressed externally by the individual. [1, 34]

Students' Internet and Social Media usage behavior are governed and influenced by several subjective and objective factors. In the course of use, there is a positive or negative influence on the formation of the Internet and social behavior.

Subjective factors include:

- Student perceptions
- Student attitudes
- Student motivations
- Psychological characteristics of student age.

Objective factors include:

- Social environment
- Living conditions
- Material means

Among the subjective and objective factors affecting students' behavior in using Social Networks, objective factors such as living environment, and technical means are important conditions in the formation of the behavior of using the Internet and Social Networks. This is considered a difficult factor to control in current conditions. Subjective factors: perceptions and attitudes have an intertwined relationship that creates each individual's personality traits. These are internal factors that are difficult to influence, wanting to change takes time to change their perception as well as attitude.

Now, after more than 20 years of operation, the Internet has become a term almost everyone knows, a media that accounts for about 75% of the world's population is used, even with some parts completely dependent. The benefits that the Internet and society bring us are many and positively impacted if we know how to use them soberly and properly.

The Effects of the Internet and social media on students

Positive influence

- Help learners find information and develop economic, social..
- Service in learning and training
- Exchange of letters, information, texts.. instead of the traditional way.
- Introduce yourself, Connect, and make friends.
- Help me receive information, and learn knowledge and skills in life from many different sources.
- Help your business.
- Express your views and personal preferences.
- Bring health benefits such as entertainment, stress reduction..

Negative effects:

- The Internet affects political security, social order, and safety.
- The dark web is flooded with p.
- Make virtual feelings, far from real feelings.
- Wasting time, easily distracted from studying, working because it is easy to get caught up in entertainment content, endless, endlessly stories...
- Risk of autism or delusions because of lack of practicality.
- Kills creativity.
- Dishonesty and violence online.
- Compare yourself to others.
- Insomnia, a risk of depression.[3,21]

2. Current situation of Internet use – Social networks of students of Foreign Language Schools.

With the aim of understanding and offering some optimal solutions for the behavior of using the Internet - Social networks of students of the School of Foreign Languages in learning, entertainment as well as other areas of life, the authors surveyed with 15 content questions revolving around the problems of learning about the needs of use, purpose, time of day, understanding of how to exploit the Internet, psychological states of students when using the Internet...

The authors sent an email to 550 random students of the school. The 15-question questionnaire reads as follows:

Question 1: Do you use the Internet – Social networks? *

- Often use

- Occasional use

- Use as needed

- Do not use

Question 2: What time of day do you usually use the Internet – Social network ? (many choices)

- Free time

- When I wake up

- When I work or study

- Before going to bed

- Anytime

Question 3: In a day, the time you use the Internet – Social is about? *

- 1-2 hours/ day

- 3-4 hours/ day

- 4-5 hours/ day

- 5-6 hours/ day

Question 4: Where do you usually use the Internet-Social network? (many choices)

-Use at home/inn

- Use at school

- Use everywhere you can

- Other items

Question 3: In a day, the time you use the Internet – Social is about? *

- 1-2 hours/ day

- 3-4 hours/ day

- 4-5 hours/ day

- 5-6 hours/ day

Question 4: Where do you usually use the Internet-Social network? (many choices)

-Use at home/inn

- Use at school

- Use everywhere you can

- Other items

Question 5: The first thing you do when you access the internet is: (multiple choices)

-Check email

- Entertainment, new updates

- Searching, re- documenting

- Other items

Question 6: How much time do you spend on applying the Internet for learning purposes?

- Less than 1 hour/ day

- From 1 to 3 hours/ day

- From 3 to 5 hours/ day

- Over 5 hours a day

- Others items

Question 7: What benefits do you use from the Internet for your study? (many choices)

-Download supporting software documents

- Look for the information

- Online learning

- Give teachers support applications

-Participate in group discussions, and exchange information in forums and groups about the lesson

-Other items

Question 8: Do you often use the internet for entertainment purposes? *

- Regularly

- Occasionally

- Rarely

- Never

Question 9: Which social network are you using? (many choices) *

Facebook

Twitter

Instagram

WhatsApp

Viber

Zalo

Zingme

Question 10: What is your psychological state after accessing the Internet-Social network?

-Normally, similar to a habit in free time

- A fatigue, stress, information overload

- Other items

-Comfortable, refreshing, and useful

Mục khác: _____

Question 11: your understanding of personal information security when using the Internet and social networking sites (Multiple choices)

High level of security

Level of reporting an average

Low level of security

Information is widelydisseminated and to be stolen, impersonated

Unclear

Question 12: How do you feel when your information is shared when participating in social networks? (many choices)

- Proud of, satisfied

- Normal

- Do not feel any problem

- Others items

Question 13: Do you have, are, or plan to do business on social networks? *

- Never

- Had plans

- Is in business

- Used to be business

- Other items

Question 14: Have you challenged yourself to not use technology for 2 weeks? *

- Never
- Tried but failed
- Has succeeded
- Other items
- Mục khác: _____

Question 15: How do you feel when you don't access the Internet and Social Networks for a week? (many choices)

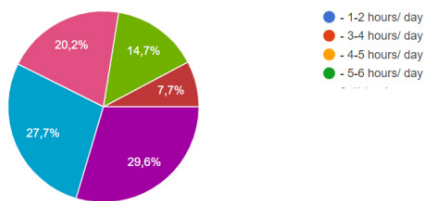
- Normally, everything is fine
- Behind the times
- Find any way to fix the situation of no network

Figure 1: Internet Behavior Survey

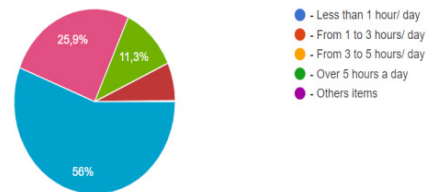
The questionnaire was randomly sent to 550 students of the school and 526 answer sheets were obtained. The survey results showed that 76% (400 students) chose the option of answering “Frequent

use”, 20% answered “Use when necessary”, 8.4% answered “Use occasionally” and 0% answered, “Do not use”. This shows that the demand for using the Internet - Social networks students is very high, accounting for 100% of students participating in the survey. 47.6% of students spend 1-3 hours/day studying, and 56% of students spend 3-5 hours/day, this is also a good sign that students also spend a lot of personal time on Internet exploitation in learning. Entertainment and news updates were the first when accessing the Internet for 81.6% (429 students) when surveyed, 38.8% checked email, and 54.4% of students searched for documents. To the question: *How do you feel when a week is without access to the Internet and Social Networks?* 5.8% of students feel *that everything is fine and normal*, 40.1% of students feel *backward, dark* when not online, and 43.5% feel *pressed - bored - annoyed*, in addition to some other opinions..

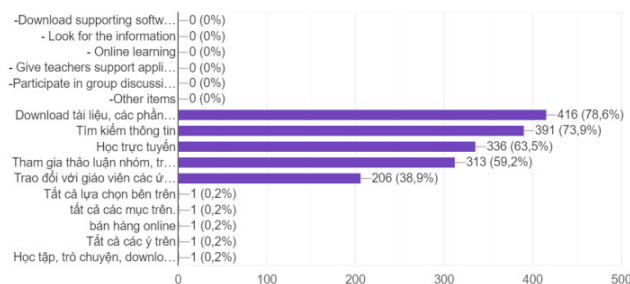
Question 3: In a day, the time you use the Internet – Social is about?



Question 6: How much time do you spend on applying the Internet for learning purposes?



Question 7: What benefits do you use from the Internet for your study? (many choices)



Question 14: Have you challenged yourself to not use technology for 2 weeks?

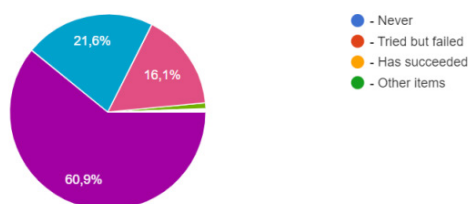


Figure 2: Some survey results

With the survey results showing that students need to use the Internet 100%, the time they spend using the Internet in a day is also relatively large, but they are properly aware of and understand information security and online safety, thereby taking appropriate behaviour to protect themselves accounted for only 11.6% of the survey. 66.5%, Students after accessing the Internet - Social networks are in a *very normal psychological state and consider it a habit* and 35.4% feel *refreshed, relaxed, and useful*. Other factors such as: depending on the mood of each day, and sometimes feeling exasperated.. account for 0.4%.

3. Some solutions for students of Thai Nguyen University School of Foreign Languages

From the content and results of the survey, the authors have proposed several solutions to improve the effectiveness of Internet behaviour for students in general and students of Thai Nguyen University School of Foreign Languages in particular, as follows:

General solutions

- It is necessary to clearly define the purpose when using and exploiting the Internet and Social Networks.
- Take the initiative to learn how to manage your time well and take it seriously.
- It is recommended to limit contact with electronic devices - technology such as televisions, phones, desktops, and laptops when not necessary.
- Should actively participate in extracurricular activities, physical training, and sports outside of school hours, classes, and associations.
- You should actively equip yourself with legal knowledge to protect yourself when using the Internet and social networks.

Some solutions for students of Thai Nguyen University School of Foreign Languages

For schools

- Propagate and orient students on how to exploit useful things that the Internet - Social Network can bring. Integrate knowledge, skills, websites or through modules, specialized lessons, politics lessons at the beginning of the year, class assemblies, etc. Encourage students to use the Internet - Social networks for their learning purposes.

- The survey results show that 62.8% of students use the Internet when they have free time, so they should organize many healthy playgrounds for students: knowledge exchange activities, arts, groups – professional associations, and clubs...

- Organize many creative contests and forms of contests, marking, and voting online.

- Create conditions for students to use the network for free.

For families

- Family is an important educational environment in orienting, developing as well as forming the personality of young people. For students to use the Internet - Social networks effectively, it is necessary to have the active participation of their families from previous years.

- Be positively oriented, analyze in a simple, easy-to-understand way about what I'm on the net and control, and engage with your child when using the internet.

- It is necessary to select healthy and useful information channels, clearly explain why it is not advisable and cite the harmful effects of bad information, explain thoroughly for children to understand.

- Pay attention to monitoring and controlling the time of use.

For the student himself

- It is necessary to be aware of the benefits as well as harms of the Internet - Social Networks.

- Each student should actively seek and participate in extracurricular activities organized by the school, the Youth Union, faculties, clubs.. organizations.

- It is necessary to be self-conscious in using the Internet - Social Networks in the most effective way.

- It is necessary to be careful and thoughtful with your statements and actions when posting or sharing content on the Internet - Social Networks.

- Know how to manage your time properly.

For service providers

- Up to 63.1% of students said that the Internet has high security, so service providers need to strictly manage and perform well the tasks of network operators in controlling websites on the network, promptly blocking dark websites, unhealthy, bad content, etc.,..

reactionary affecting the culture and fine customs of Vietnamese people.

- It is necessary to have the participation of the law, and strictly handle cases of reactionary transmission, forms of dissemination and promotion of violence among students.

- Students currently have a very high demand in online job searching, there is a need for websites that provide accurate recruitment information to create a trust for students and help them confidently post jobs, to get suitable and convenient jobs.

4. Conclusions and development directions

The results of this study partly help us better understand the situation of Internet use of students of Foreign Language Schools - UET in particular and students nationwide in general. Through the actual feedback of 526 students participating in the survey, the authors have proposed some specific solutions to

help foreign school students have a better overview of the positive and negative aspects, gains - losses when using the Internet - SocialSecurity. This luggage helps students actively exploit and use the Internet effectively for studying, entertainment, exchange, capturing social information and even finding start-up opportunities, and development orientation for themselves; thereby becoming wise and opinionated users.

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