大学生网络游戏行为特征研究



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**A Research on College Students’ Characteristics of Behavior in Playing Online Games**



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# 摘要

随着科技和网络技术的发展，网络游戏逐渐变得越来越流行，尤其是在大学生这一群体中。但由于部分大学生不能自觉把控自身行为，沉迷游戏，荒废学业，危害个人发展，浪费国家资源。而大学生作为我国的一大群体，将在未来成为推动国家发展的中坚力量，决定着国家的前途和命运。因此，研究大学生关于游玩网络游戏的行为习惯是十分重要的。本研究旨在发掘当代大学生游玩网络游戏的现状，刻画大学生总体的习惯，并分析不同群体的差异性，进而从大学生的角度提出可行的建议，同时也为教育工作者提供相关参考，有利于教育工作者了解大学生游玩网络游戏的现状，并做出相应的教育措施。

本研究采取问卷调查的研究方法，定性、定量研究方法相结合，以某大学为例开展了相关调查。本次问卷调查共收集到63份问卷，其中有效问卷60份，包含男生38份，女生22份。整理数据后，本研究采用相关统计方法分析了不同分类标准下的群体差异性，并就本文研究问题做出简单的可视化分析，最终得到相应结果。

在所收集到的60份样本中，本文发现大四同学比大一到大三的同学，女性同学比男性同学在游玩网络游戏的行为习惯方面的表现更为优秀，大部分同学游玩游戏的目的是为了消遣。但约有三分之一的同学表示游戏给他们带来了不良的生活习惯。

以上结果表明大部分大学生关于游玩网络游戏的行为习惯表现良好，考虑到大四同学面临较大的升学和就业压力，大四同学的表现良好说明大部分学生能合理安排自己的时间，有良好的规划。但少部分同学有沉迷网络游戏的现象，并因此染上不良习惯，这一问题也值得重视。

**关键词：**网络游戏；大学生；行为习惯

# Abstract

With the development of technology and network technology, online games become more and more popular, especially among college students. However, because some college students cannot control their own behavior, they are addicted to games and waste their studies, which do harm to their development and national resources. As a large group in China, college students will become the backbone of the country's development in the future and decide the future and destiny of the country. Therefore, it is important to study the behavior habits of college students about playing online games. This study aims to discover the current situation of college students playing online games, discover the overall habits of college students, and analyze the differences of different groups, then put forward practical suggestions in the view of college students, provide reference for educators, which is beneficial for educators to understand the situation of college students playing online games and make educational measures.

The method of questionnaire survey was adopted and qualitative and quantitative research methods were applied to conduct the research. A university was taken as an example to study in this research. A total of 63 questionnaires were collected in this questionnaire survey, of which 60 were valid, including 38 for male students and 22 for female students. After collecting the data, Statistical methods were applied to analyze the group variability under different classification criteria and visual analysis was made on the research questions in this paper, and finally the results were drawn as follows.

With 60 valid subjects in this study, it was found that senior students had better performance than freshmen to juniors, and female students had better performance than male students in terms of playing online games. Most of college students played games for recreation. However, about one-third of the students said that the games brought them bad habits.

The results indicated that most college students had good performance about the behavior habits of playing online games. Considering that senior students face greater pressure of further education and employment; the good performance of senior students implied that most students could arrange their time reasonably and had good planning. However, a small number of students had the phenomenon of being addicted to online games, which lead to bad habits for them, and this problem deserves attention.

**Key words****:** Online games; College students; Behavior habits