

# **An Investigation on the Relationship between Network Use and EQ Life in College Students in the Mobile Internet**

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**Abstract:** In 2014, mobile terminals to replace the computer to become the network's largest terminal, China's full access to the mobile Internet era. How to use the network of college students in the mobile Internet age and how it affects the EQ's life is the urgency of the social and university workers. In this paper, through the questionnaire survey, spss software correlation analysis, to understand the mobile Internet era of college students and college students EQ life relationship between the way.

**Keywords:** EQ lifestyle network using mobile Internet college students

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## **1. Introduction**

In order to understand the relationship between college students' network use and EQ life, the questionnaire of college students' network usage and college students' EQ lifestyle is paid. Investigation of Hunan, Hubei, Henan, Zhejiang and other provinces of the students, issued 2400 questionnaires, recycling questionnaires 2148 copies. With the help of statistical software SPSS on the use of Internet and EQ lifestyle correlation analysis. This paper analyzes the relationship between college students' EQ life and network use, and analyzes the influence of college students' different Internet usage on EQ in combination with case analysis, thematic design research, experiential research and conversation method. Through the study and analysis of the relationship between the network and college students EQ, to guide students to use the network, develop a good EQ to provide basis and guidance recommendations.

## **2. The relationship between the use of the network and the habit of interpersonal communication**

From the main use of the Internet point of view, the Internet is mainly used to check the information, listen to music respondents interpersonal behavior more healthy habits, the Internet is mainly used to play the game respondents are more behavioral habits more unhealthy, interpersonal life lifestyle Whether or not there is no statistical relevance with other internet main uses. (Correlation coefficient is 0.137, 0.141, -0.134). From the purpose of the Internet, the purpose of the Internet for access to information, learning knowledge of the respondents interpersonal behavior more healthy habits, interpersonal health lifestyle or other purposes of the Internet no statistical correlation. (Correlation coefficient 0.186,0.19). From the choice of friends, interpersonal behavior and the choice of friends and the other side of the gender and knowledge and ability. (Correlation coefficient of 0.136, -0.121) from the exchange of users with the point of view, and friends through the exchange of respondents mainly through the email interpersonal habits more healthy, interpersonal health lifestyle and other users no way to communicate Correlation. (Correlation coefficient is 0.152). From the Internet point of view, the respondents in the dormitory were more unhealthy, in the school room, mobile Internet users were more healthy interpersonal communication, interpersonal health lifestyle and other Internet sites no statistical correlation. (Correlation coefficient of -0.173,0.193,0.202) did not have the computer's

respondents, the more healthy the way people live. (Correlation coefficient 0.124). Visible interpersonal behavior habit of healthy college students, in the Internet use mainly for the investigation of information and listening to music rather than for the game, the purpose of the Internet is to obtain information and learn knowledge and technology, and users in the way of communication is mainly used Email way to exchange, the Internet location in the school room, mobile phone rather than dormitory, do not have their own computer, and select the user's gender and knowledge ability to have a certain relationship.

### **3. The relationship between the use of the network and the habit of stress management**

From the main purpose of the Internet, the Internet is mainly used to check the information, the e-mail of the respondents pressure management habits more healthy, the Internet is mainly used to play the game respondents stress management habits more unhealthy, stress management lifestyle Health or not with other internet main uses No statistical relevance. (Correlation coefficient is 0.166, 0.145, -0.161). From the purpose of the Internet, the purpose of the Internet for access to information, and distant family and friends to contact and learn the knowledge of the respondents pressure management habits more healthy, stress management of lifestyle health and other purposes of the Internet no statistical correlation The (Correlation coefficient is 0.23, 0.127, 0.93). From the point of view of the exchange with the users, with the users mainly through the exchange of respondents through the pressure management practices more healthy, stress management of lifestyle or other users with no statistical correlation between the way. (Correlation coefficient 0.223). From the Internet point of view, the use of mobile Internet access to the stress of the respondents more healthy, stress management of lifestyle health and other Internet sites no statistical relevance. (Correlation coefficient is -0.167)

Visible pressure management behavior habits of healthy college students, the Internet use is mainly used to check the information and e-mail rather than for the game, the purpose of the Internet is to get information, and distant family and friends to contact and learn knowledge, And users of the exchange of ways to use the main way to communicate Email, Internet location with a mobile phone.

### **4. The relationship between the use of the network and the habit of life appreciation**

From the main purpose of the Internet, the Internet is mainly used to check the information of the respondents pressure management habits more healthy, the Internet is mainly used to play the game respondents stress management habits more unhealthy, stress management lifestyle health and Other Internet main uses No statistical relevance. (Correlation coefficient is 0.1151, -0.186). From the purpose of the Internet, the purpose of the Internet for access to information, learning the knowledge of the pressure management of the respondents more healthy habits, stress management, lifestyle and other purposes of the Internet no statistical correlation. (Correlation coefficient is 0.179,0.276). From the point of view of the exchange with the users, with the users mainly through the exchange of respondents through the pressure management practices more healthy, stress management of lifestyle or other users with no statistical correlation between the way. (Correlation coefficient 0.186). From the Internet point of view, in the dormitory, the rest of the Internet access to the behavior of the respondents more unhealthy, in the school room Internet, with mobile Internet access to the survey life more healthy, stress management lifestyle healthy and other There is no statistical relevance. (Correlation coefficient of -0.156, -0.155,0.122,0.160) from the Internet time point of view, life appreciation behavior and online time is inversely proportional to the Internet time short of the respondents appreciate the behavior of life more healthy. (Correlation coefficient -0.155) from the number of friends trusted by the network, life appreciation behavior and the number of friends trusted by the network, the network trust friends more respondents life life more healthy. (Correlation coefficient 0.182)

Visible pressure management behavior habits of healthy students, the Internet is mainly used to check the information rather than for the game, the purpose of the Internet is to get information, learn knowledge and technology, and users in the way of communication mainly use Email Exchange, the Internet location mainly in the school room and the use of mobile phones rather than in the dormitory or other places, the Internet time is short, the network trust more friends.

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