大學校園網路沉迷防治策略研究
--以聯結服務學習課程為例

趙傑夫

玄奘大學通識教育中心

楊一鳴

國立台灣師範大學公民教育與活動領導學系博士生

摘要

大學生過度沈迷於網路可能影響學業成就、生活適應、人際關係與身心健康等各方面，阻礙學生學習成功發展。本研究旨在透過對大學校園網路沈迷情況、成因之瞭解，以學生之需求為中心，配合學生在學期間各階段發展，以學術知能(Academic Knowledge)、學習社群(Learning Community)、轉化知能(Transitional Knowledge)、服務學習(Service-Learning)為主軸，規劃推出由大一新生入學前的「新生營」、入學初期的「住宿新生學習適應月」、期中「新生定位服務」、「學業輔助計劃」及至整學年全校學生參與之「知性發展導航系列/情、意發展導航系列」等循序漸進的「大學校園防治網路沈迷--同儕支援 ACTS」方案。

另為培訓防治網路沈迷的種子志工，規劃"宿舍阿郎 Dorm Alarm"同儕支援服務學習課程，以學生宿舍作為服務學習實踐場域，針對陷於網路沈迷的住宿同學，提供同儕支持、關懷與處置，長期再推展到全校，希望透過此服務學習課程之經驗學習，達到改善校園網路沈迷問題之目標。

關鍵詞：學習成功、網路沈迷、服務學習

A Study on Prevention and Cure of Internet Addiction

on Campus

As Exemplified by a Connection with Service-Learning Courses

Chieh-Fu Chao
General Education Center, Hsuan Chuang University

I-Ming Yang
Department of Civic Education and Leadership, National Taiwan Normal University

Abstract

College students' over-indulgence in web use may adversely affect their academic achievements, adjustments to campus life, establishment of sound inter-personal relationships, and maintenance of physical and psychological health, thus preventing them from developing successful learning. The purpose of the study is to develop a formula, through a thorough understanding of the various forms and causes of internet addiction on campus, that will prevent and correct such excessive uses of the computer with peer support. Centered on the needs of the students according to their various stages of development, the formula will be based on four major learning pillars, namely academic knowledge, learning communities, transitional knowledge, and Service-Learning to include such activities as "freshmen camps" for in-coming students, a " learning adjustment month" for boarding students, mid-term "orientation services" and "academic assistance projects", and year-round series of guidance on intellectual and emotional developments with the participation of the entire student body. In addition, there will be courses on dorm alarm peer support services to train seed volunteers. Practicing what they have learned in student dorms, the volunteers will offer peer support, caring and assistance to those excessively dependent on the web. In the long run, the practice will be expanded to the entire campus in the hope that the experience gained from the Service-Learning will improve the problem of internet addiction on campus.

Key Words: successful learning, internet addition, Service-Learning