WHAT IS CLAIMED IS:

1. A method for controlling an RRC state, comprising:

sending, by a terminal device, a first RRC message to a network device, the first RRC message comprising an RRC connection resume request message;

receiving, by the terminal device, a second RRC message sent by the network device, the second RRC message carrying first indication information which is indicative of a target RRC state of the terminal device; and

entering, by the terminal device, the target RRC state based on the first indication information.

2. The method according to claim 1, wherein if the target RRC state is an RRC inactive state and the second RRC message does not carry configuration information corresponding to the RRC inactive state, after entering the RRC inactive state, the terminal device uses locally stored configuration information that corresponds to the RRC inactive state.

3. The method according to claim 1, wherein if the target RRC state is an RRC inactive state and the second RRC message carries configuration information corresponding to the RRC inactive state, after entering the RRC inactive state, the terminal device uses the configuration information that is carried in the second RRC message and corresponds to the RRC inactive state.

4. The method according to claim 2 or 3, wherein the configuration information corresponding to the RRC inactive state comprises at least one of I-RNTI, RAN notification area, RAN DRX cycle, periodic RAN notification area update timer.

5. The method according to any one of claims 1 to 4, wherein the second RRC message comprises an RRC connection resume message, an RRC connection release message, or a newly defined RRC message.

6. The method according to any one of claims 1 to 5, wherein the first RRC message carries indication information for indicating a reason for the RRC connection resume, wherein the indication information for indicating the reason for the RRC connection resume is used by the network device to determine the target RRC state of the terminal device in a connection resume procedure.

7. The method according to any one of claims 1 to 6, wherein the target RRC state is an

RRC connected state, an RRC inactive state, or an RRC idle state.

8. A method for controlling an RRC state, comprising:

receiving, by a network device, a first RRC message sent by a terminal device, the first RRC message comprising an RRC connection resume request message; and

sending, by the network device, a second RRC message to the terminal device, the second RRC message carrying first indication information which is indicative of a target RRC state of the terminal device, so that the terminal device enters the target RRC state based on the first indication information.

9. The method according to claim 8, wherein if the target RRC state is an RRC inactive state, configuration information corresponding to the RRC inactive state is carried in the second RRC message, or configuration information corresponding to the RRC inactive state is not carried in the second RRC message.

10. The method according to claim 9, wherein the configuration information corresponding to the RRC inactive state comprises at least one of I-RNTI, RAN notification area, RAN DRX cycle, periodic RAN notification area update timer.

11. The method according to any one of claims 8 to 10, wherein the second RRC message comprises an RRC connection resume message, an RRC connection release message, or a newly defined RRC message.

12. The method according to any one of claims 8 to 11, wherein the first RRC message carries indication information for indicating a reason for the RRC connection resume, wherein the indication information for indicating the reason for the RRC connection resume is used by the network device to determine the target RRC state of the terminal device in a connection resume procedure.

13. The method according to any one of claims 8 to 12, wherein the target RRC state is an RRC connected state, an RRC inactive state, or an RRC idle state.

14. A device, configured to perform the method of any one of claims 1-7.

15. A device, configured to perform the method of any one of claims 8 to 13.