

The Effect of Excessive Internet use on Student's Academic Achievements

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Abstract

Over the last decades, the internet insurgency greatly affected student's life. Education, economics, politics, and social fields are greatly influenced by the internet. The internet dependency has a positive and negative impact on people. For students, the teaching and learning have become easier compared to the old days as nowadays information is at their fingertips. Despite its benefits, over use of internet may negatively impact the students' life such as on their emotional instability, depression, poor time management, and poor academic performance. Therefore, the aim of the present study is to determine the excessive use of internet to students' academic performance. The study analysis is on the academic performance. This study was conducted among 150 college students of Tribhuvan University in the Kathmandu valley.

Then, the students' academic instability translated to a poor academic performance and the internet addiction also has a negative relationship with the students' performance.

Keywords: *Excessive Internet, Academic Performance, Internet use, Student*

Background of the Study

This study explores and identifies the effect of excessive internet use on student life. Along, Internet users are rapidly increasing and it has become one of the most important topics for the research that appears to users due to the extensive use of the Internet. Unfortunately, this rapid development of the Internet has a detrimental impact in our life, which leads to various phenomena such as social activities, social functioning, also in culture as well as in our daily lives.

The internet becomes essential part of people's daily lives; internet connectivity has improved tremendously and is available everywhere such as homes, offices, travels and schools. However, studies on internet use among bachelor degree students are limited in the TU. Hence, this study investigates the internet use and its impact on students' careers. The data were collected using a questionnaire and then analyzed using descriptive and analytical method. Results found to have a positive influence on their academic performance. However, different uses of the internet among students do not influence their academic performance. The study concludes that availability of different internet sources to students does not grant all of them immediate access. This is relevant because provision of internet infrastructure in college level may be a key strategy to promoting academic performance.

Internet addiction is a major problem in the student's life and causes the psychological, social, educational, or occupational problems for the people. Students need the internet more than other people due to their educational or research needs. The rate and type of the internet use may affect their information-seeking behavior too. This

study aims to investigate the effect of the internet addiction on the information-seeking behavior of the postgraduate students. The evolution of digital era affected almost every aspect of modern life. The internet becomes an essential tool for people and plays a significant role in our daily life socially, politically, economically, and even emotionally.

Objectives of the Study

The main objective of the study is to analyse the excessive internet use and its effect on the performance of college students in TU.

Theoretical Framework

The study of the conceptual framework is from Katz and Lazarsfeld (1940). They say internet affects the audience behavior, which also means students' behavior. Media doesn't always alter attitudes and behaviors; instead, social relationships have a strong influence on people, from mass media to students, then to more students, (Direct flow - Multi-Step Flow). Students pay close attention to the media, then pass on their own interpretations in addition to the actual media content. They influence others to change their attitudes and behavior, which impact their academic performance.

Reviews of the study

This study was conducted to determine the effect of internet use on academic achievement through questionnaire technique and studies some related available journals. Most of the journal's findings are directly proportional to each other while inversely proportional to students' social life.

As discussed earlier, internet addiction causes emotional instability among students. Emotional instability often associated with poor academic performance (Duchesne et al., 2008). The individual who experiences emotional instability is unable to handle stress well (John & Srivastava, 1999). Students who are unable to handle their stress effectively perform badly in their exam (Khan, Altaf & Kausar, 2013). The students often have difficulties in balancing classes, tests, assignments, extra-curricular activities, and social life. Inability to handle these challenges can affect the students' physical, mental, emotional, cognitive, and behavioral functions; thus, their academic performance is negatively affected. The students with emotional instability showed anxiety and stress; therefore, they lost their motivation to engage in their studies (Noftle & Robins, 2007). Consequently, their academic performance deteriorated (Moldasheva & Mahmood, 2014).

Although the internet has made a significant contribution to our daily life, using too much of it will lead to addiction, which will negatively affect our life. Internet addiction is defined as the inability to control one's urge to use the internet, which eventually causes psychological, social, school, and/or work difficulties in one's life (Spada, 2014).

Internet addiction among Asian students was detected to be between 2.4% to 37.9% (Alam et al., 2014). In Malaysia, a research conducted by a Child and Adolescent Psychiatrist, Dr. Norharlina Bahar, revealed that males under the age of 24 have the highest internet addiction (The Star, 2016). Students, especially the undergraduates aged

between 19 and 24 years old are deemed to be more susceptible to internet addiction (Lee, 2010; Thatcher & Goolam, 2005). People who are using the internet excessively are mostly playing online games and browsing social media. The side effects of the excessiveness led to anxiety, depression, health problems, school absenteeism, lying, fatigue, unemployment, decreased job productivity, and social isolation. The addiction to the internet also could translate to low self-esteem, depression, boredom, and attention-deficit hyperactive disorder (Norharlina, 2016).

Nowadays, university students are highly depending on the internet to search for information, social networking, entertainment, online shopping, and online gaming, among others. Universities around the world are using the internet to enhance teaching and learning inside or outside the classroom. Using the internet wisely for the right purpose is beneficial to the students, such as researching tool, seeking knowledge, enhancing their soft skills, exchanging experience and knowledge with international students and other parties. While the internet has many advantages and proves to increase efficiency, it could also be harmful to the students if they become addicted to it. It may cause emotional instability (Oskenbay et al., 2015) and low academic performance (Yeap et al., 2016). Therefore, the objectives of this study were threefold: to examine the effect of internet addiction on emotional stability, to investigate the effect of emotional instability to academic performance, and to examine the effect of internet addiction to academic performance.

The internet is the key information and communication technology that led to a worldwide revolutionary change in the information scenario (Siraj, *et al.*, 2015). The internet is a pool of knowledge and any country that fails to provide her youth access to the internet is unseating the country from her throne of dignity among other dignitaries (Olatokun, 2008). It is developed to serve as a platform for various activities for all age groups in society (Akin-Adaeamola, 2014). The internet is a technology that has become an enormous part of people's daily lives. Through its ability to act as a support medium in different functions for which people use it, the internet was introduced to academic institutions as a tool to enhance student's academic experience in the mid-1990s (Ngoumandjoka, 2012).

Over the last decades, internet connectivity has improved tremendously and is available everywhere such as homes, offices, travels and schools (Ellore *et al.*, 2014). From the beginning of the human civilization, information and the ways people use it, it has been one of the main issues in the societies. Nowadays, many intellectuals consider the information as a powerful source. Producing and disseminating the information in a wide variety of fields has been one of the main reasons for calling the contemporary era as the age of the information and, therefore, knowledge has become as one of the most significant elements of human progress and civilization.

Addiction towards the internet is caused by the lack of attention given to an individual that causes them to avoid it by seeking attention from the internet (Ozturk *et al.*, 2013). An individual who spent more time on the internet lacks in an offline social

interaction that leads to alienation and poor relationship with friends and family (Sanders et al., 2000). As a result, they tend to be more depressed (Liang et al., 2016).

The internet has become an integral part of student's life. Many students use the internet mainly for educational activities; however, a number of students wasted their time by visiting inappropriate sites, unrelated to education. The studies on the effect of internet addiction on academic performance have been consistently reported on negative associations. In other words, if the students are addicted to the internet, their academic performance decreased; their study habit declined, increased in absenteeism, and skipped exams (Yeap et al., 2016).

This study conducted at TU in Nepal found that the longer the time spend on the internet the lower the Grade Point Average (GPA) of the students (Mishra et al., 2014). In contrast, a lower academic achievement was associated with the misuse of the internet for a social and recreational purpose (Kim, 2011). Findings from a research done to see the correlation of internet addiction to academic performance have shown that adolescents often missed their classes and had low social skills due to the misuse of the internet (Leung & Lee, 2012). The use of internet grants its users great awareness of the importance of the world around them. The internet is a platform for several types of information. It is used by students including secondary students (Akin-Adaeamola, 2014). Internet usage will continue to grow as long as its users are not denied easy access (Olatokun, 2008).

Recent statistics indicate that the internet gives people the option to access information sites as well as other sites such as social media sites, internet games, and cyber-sex (Siraj *et al.* 2015). A study by Ellore *et al.* (2014) on the influence of internet usage on academic performance and face to face communication revealed that, as a result of the availability of internet, most students have had access to internet on their cell phones. This helps students to broaden their academic knowledge (Siraj, *et al.*, 2015). Use of computer and access to online resources according to Akende and Bamise (2017) are comparatively important to students.

Students' demographic variables are believed to have an influence on internet use and hence academic performance. Demographic analysis revealed that males had higher frequency of internet use in general than females (Akende and Bamise, 2017). Subsequent comparative analysis revealed that male college students spend more time on the internet compared to female college students (Elloree *et al.*, 2014). Rabiou *et al.* (2016) identified the mobile phone as one of the gadgets used in accessing the internet which impacts on academic performance.

It has been recently reported that adolescents today spend a significant amount of their time on the internet for multiple purposes (Olatokun, 2008; Krischne and Karpinski, 2009; Ogedebe, 2012; Singh *et al.*, 2013; Bragdon and Dowler, 2016). Evidence abounds that excessive internet use has been associated with problems of maintaining daily routines, school performance, and family relationships (Rickert, 2001). The study was conducted on university students who use the Internet, not users who already show dependent symptoms. (Yeh *et al.* 2012).

Research Design

To achieve the objectives of the studies, a survey type of research was carried out because the study is concerned with the collection of data for the purpose of describing and interpreting existing conditions, prevailing practices and attitudes among other things through questionnaire. Nowadays, university students are highly depending on the internet to search for information and are busy in internet. Its impact on their life or academic performance may be positive or negative. It is the major issue for research and discussion.

Methodology

More than 185 respondents fill up the online form and study covers only 150 respondents for the research survey in the study. Sample collection was from December 1st to 30th December 2019. The sample was selected from college students of TU for the study. A total of 150 respondents were selected from online questionnaire which was posted as monkey survey through a website link:

<https://www.surveymonkey.com/r/NZKNZQN>. The sampling technique used in this study was a convenient sampling.

Result

This study helped to improve our understanding of the reasons of the deterioration of students' academic performance. This study provided the foundation for future research that would help educators to understand the users of internet to academic performance. It provided a guideline to develop potential strategies that would enhance the students' performance by understanding their emotional state and the excessive internet users.

Most of the students agreed on Internet as one of the most important tools for information transfer and it plays a key role in disseminating and developing the knowledge boundaries. The importance of internet technology in the process of education and research cannot be ignored, although the excessive use of the internet may lead to the virtual addiction or internet addiction that has the behavioral and psychological effects on the users. In the questionnaire, most of the students expressed their views of excessive use of internet and spending the time on Internet, which had impact on their studies. The study's findings strongly support the generated hypothesis and determined the impact of internet addiction on academic performance. Although the study showed a strong significant result, there are improvements that could be applied by future researchers. Noted that the respondents are students within the institution; hence, future research can expand this study by obtaining access to other institutions so as to gain a wider perspective.

The main issues considered included a description of the background characteristics of the respondents, access to internet and how internet use influences students' academic performance. The findings of this study will be of great significance to the lecturers and university can utilize the findings as guidelines to formulate new policy regarding internet use on campus. The results of this study can serve as a reminder and create awareness to the parents, to better control their children's internet access such as cutting the budget for broadband allowance and continuous monitoring, and can serve as an eye opener to students on negative effects of internet excessive use. Thus, the students need to wisely use the internet for educational purposes.

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