



Impact of Internet on Student Academic Performance and Social Life in Higher Institution

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ABSTRACT

Student performance is greatly impacted by Internet use. This study examined how Internet use affects student activity, social life and academic performance. Today's knowledge-based civilizations have made the Internet an indispensable tool for information management, information retrieval, communication, research and learning. The Internet recognizes a world without borders. Leveraging Internet innovations makes it easier for an individual to quickly and successfully retrieve some data and the latest her data. This study sought to find out whether the Internet affects college students' academic performance. Nearly completed questionnaires were administered to 200 undergraduate students at Jamia Urdu College of Education in Aligarh. The survey also shows that the majority of students use the internet for 0-6 hours or more per day. A significant proportion of respondents said the Internet improves their academic performance and quality of life. On the other hand, Internet addiction also has a negative impact on students' academic performance and social life.

KEY WORDS

Internet, Academic Performance, Social Life, Information Technology.

INTRODUCTION

One of the most important recent developments in information technology is the Web (Internet). This helped facilitate the process of transforming the Earth into a global village. It

is a common truth that Internet use has a significant impact on students' social and academic success. Studies have shown that excessive internet use has a negative impact on physical health, family life, and academic performance, despite the positive effects of the internet on academic performance. With the staggering increase, there is growing concern about the dangers of excessive Internet use in students' social lives in general. Whether the Internet is used for learning or social reasons, the amount of time spent online affects student performance. According to a study conducted in 2021, the average college student spends 30 minutes to 3 hours a day on Facebook, Instagram and Twitter. Students can also benefit from the knowledge and experience of others, join her chat room, and exchange ideas and solutions. Studies show that more virtual interactions reduce the amount of face to face interactions between people, which can lead to social isolation and depression. One study found that more time spent on online social networks observed to be associated with depression. Urban college students typically use the Internet for a variety of purposes, including academics, social communication, and recreation. They, quite simply, use the Internet in every aspect of their daily lives. As a result, their behavior patterns develop rapidly. The use of this type of technology, in addition to cultural transformation, is reorganizing social and economic life. Therefore, the purpose of this study is to analyze how internet access affects students of Jamia Urdu College of Education, Aligarh Uttar Pradesh.

Literature Review

According to Muhammad Musaud, Asdaque (2010) found that the spread of the Internet has reformed the academic and social lives of students with the greatest progress. They argued that the Internet is a mechanism that will help transform today's world into a global village. It is well known that the Internet has a huge impact on students' academic, personal and social lives. They found that Internet use impacted college students' academic performance and social life. Academic performance is greatly influenced by the amount of time spent on the Internet. In this study, academic performance will be measured by the CGPA. This study explored that CGPA is effective when students spend more time studying than on social media, and vice versa. Excessive use of the Internet by students reduces social activity.

According to Igere (2014), most of the students who participated in their survey said they had internet access and were proficient in using the internet. The survey found that most students use the Internet for academic purposes. This includes collecting reading material, preparing for exams, and facilitating research activities. The authors argue that the Internet is seen as a new learning tool that surpasses even the powerlessness and information provided by physical libraries. The study also found that students face challenges when using the Internet, including Internet slowdowns, power outages, information overload.

Jackson, Eye, Biocca (2003) found that children spend about 30 minutes and surprisingly do not use the Internet for communication purposes. Their research found two main types of social outcomes. First, children use the Internet to enhance communication with people who are physically distant. On the one hand, this virtual communication somehow diminishes personal relationships with family and friends. They also found that students who use the Internet have higher CGPAs.

Saha & Guha (2019) found that the Internet as a communication platform has become very important among the younger generation. Most students have access to the internet from their mobile phones. The student uses the Internet and he chats for more than an hour a day. The use of the Internet and social media has both positive and negative effects on students' social lives. The Internet is used for communication and news updates. Frequent use of the Internet can lead to wasted time and depressed students. The study concluded that internet and social media use lead to healthier lives and enrich learning practices.

Ataee, Gorji and Aghaei (2017) point out that Internet use can influence student behavior patterns. Beyond behavior, Internet use has a profound impact on all aspects of human life, including personal, social, political, economic and academic life. This sophisticated tool enables students to communicate life with others, collect educational materials, understand cultural phenomena, and more. However, excessive use of the Internet has seriously affected students' lives.

According to K.Mukhtar, Kainat Javed (2020). During COVID-19 Online learning modalities encourage student-centered learning and they are easily manageable during this lockdown situation.

According to Prasanna (2022): "With every boon comes some banes," and the Internet is no exception. It has made our lives easier, but knowingly or unknowingly, we all have become its slaves. By the help of internet students enhanced their performance but excess use damage their cognitive power.

Objective of the Study

The objectives of the study are as below:

1. To investigating the impact of Internet use on academic performance and social life of undergraduate students of Jamia Urdu College of Education, Aligarh.
2. To examine the changing behavior of students after using the Internet.
3. To identify scope Internet use in higher education.

Scope and Delimitations

The delimitations of the present study were as follows:

1. The study was confined to Jamia Urdu College, College of Education, District Aligarh, Uttar Pradesh, India.
2. The study was restricted to undergraduate students only.
3. The study was limited to the effects of Internet use on undergraduate academic performance and social life.
4. The present study was delimited to Arts, Science and Commerce undergraduate students of Jamia Urdu college college of Education, Aligarh District.
5. The study was delimited to 200 undergraduate colleges.

Methodology

Researchers use quantitative data collection methods that allow them to measure variables and create numbers that reflect the results. Survey methods and questionnaires were used as means for collecting data. By using quantitative methods, researchers can measure relationships between numerical and statistical facts and numbers to assess associations, explain causal relationships and influence the variables tested on academic performance. This study collective is made up of undergraduates from the Faculty of Education, Commerce, Science, and the Arts. Random sampling was used in this study. The sample size for this survey was 200 respondents from a survey population of SPSS (Social Science Statistics Package) was used to analyze the her data obtained from questionnaires. Data were analyzed using frequency, percentages, and ranking.

Hypothesis

1. There is a no significant relationship between students Academic Performance and use of Internet.
2. There is a no significant relationship between use of Internet and change in Students social life of students.

Source of Data

To properly prepare a study, available and reliable data are very important. To conduct the study two types of data sources are utilized, the first is primary data i.e. field surveys. Another data source is secondary material related to research. These sources are online journals, newspapers, papers, articles, books, term papers and different online websites.

Techniques of Data Collection

This study relies primarily on primary data. Secondary data were also published. Quantitative data were collected through semi-structured interviews questionnaires as part of the research methodology. Meanwhile, the checklist from case study was used as a research tool.

Findings of the Study

Respondents Age

Respondent age was found to be an important factor for assessing different social and cultural phenomena in different social contexts. The survey included respondents from different age groups. This research is primarily aimed at students at the higher education level. Here, respondents aged 18 to her 25 are selected from first year to final year.

Respondent's accessibility to the internet

Table 01

S.No	Usage of Internet	No.of respondent (students) used internet	Percentage%
1	User	195	97.5
2	Non User	05	2.5
	Total	200	100

(Source: Primary Data)

According to table -1 In 200 respondent 2.5% of the students found whose not used Internet.97.5% Internet used either academic or other purpose.

Frequency of internet use by respondents

Table 2

S.No	No.of Hours Used per day	Respondent (Students)	Percentage %
1	0-1	02	01.0
2	1-2	08	04.0
3	2-3	10	05.0
4	3-4	20	10.5
5	4-5	69	34.5
6	5-6 or more	91	45.0
	Total	200	100.0

(Source: Primary Data)

Table-2 represents the average hours students spend on the internet per day. The use of the internet has grown quickly as a result of the quick proliferation of various technological devices. Whether it be for research or entertainment, students use the internet for a significant amount of time. The respondents' average daily internet usage is crucial information for examining the overall effects of the internet on students. 1% of respondents use the internet for 0 to 1 hour per day, compared to 15.5% who use it for 2 to 4 hours per day. 5.0% and 10.5% of respondents, respectively, 2 reported using the internet 5-6 or more hours each day. 45% of those surveyed.

Possession of Technology by Respondents

Table 3

S.No	Desktop/laptop/ smartphone/tablet	Number of respondents (students) used different technologies	Percentage %
1	Desktop	08	4.0
2	Tablet	10	5.0
3	Smart Phone	162	81.0
4	Laptop	20	10.0
	Total	200	100.0

(Source: Primary Data)

Table 3, represents the type of technology device used by the respondents. Most respondents (81.0%) prefer to use the Internet on their smartphones because smartphones are acceptable and their functions are easy to understand. Here 4.0% of her respondents use a desktop and 20.0% of her respondents use a laptop, only 5.0% of her were found using the tablet.

Purpose of using Internet

Table 4

S.No	Purpose	No. of Respondents (student) used	Percentage %
1	Academic/Education (for making notes)	89	44.5
2	Social Networking sites	45	22.5
3	Online shopping, booking tickets etc	25	12.5
4	Self-improvement sites(for English and personality development sites)	11	5.5
5	Watching videos	30	15.0
	Total	200	100.0

(Source: Primary Data)

Table 4 represents the purpose of respondents' Internet usage. Studies show that students use the Internet for multiple purposes. Of the total , 44.5% use the internet for academic or educational purposes, and 22% of the respondents use the internet only for dating and chatting purposes. Meanwhile, 12.5% of respondents use the Internet for online shopping purposes. Meanwhile, about (15%) of respondents said they use the Internet to watch videos. 5.5% used to improve personality and communication.

Internet addiction usage declines Face-to-Face Communication with Family

Table 5

S.No	Opinion of Respondent (Students)	No. of respondents (Students)	Percentage %
1	Strongly Agree	96	48.0
2	Agree	66	33.0
3	Neutral	25	12.5
4	Strongly Disagree	09	04.5
5	Disagree	04	2.0
	Total	200	100.0

(Source: Primary Data)

Table 5 represents the percentage distribution of respondents' opinions about the impact of excessive Internet use on their personal interactions and relationships. 48% of respondents strongly agreed that addictive internet use reduces personal connections, and 33% of her respondents agreed with this statement. In contrast, 04.5% of students disagreed and only 2% disagreed at all.

Impact of internet addiction on student academic performance

Table 6

S.No	Opinion of Respondent (Students)	No. of respondents (Students)	Percentage %
1	Strongly Agree	69	34.5
2	Agree	80	40.0
3	Neutral	30	15.0
4	Strongly Disagree	12	06.0
5	Disagree	09	4.5
	Total	200	100.0

(Source: Primary Data)

Table 6 represent the percentage distribution of the respondents indicates their opinion of the negative/positive effects of internet addiction on the academic performance of the students. The Internet is seen as an important tool in this technological age. However, students' abuse of the Internet has a negative impact on their lives. In this study, respondents were asked for their opinion. Internet Addiction Negatively Affects Students Academic Performance. 34.5% of respondents fully agreed with this statement, and 40.0% of agreed. While 15.0% of respondents took a neutral stance, 6% of were strongly opposed and 4.5% were opposed.

Use of the Internet Enhances Social Life

Table 7

S.No	Opinion of Respondent (Students)	No. of respondents (Students)	Percentage %
1	Strongly Agree	73	36.5
2	Agree	61	30.5
3	Neutral	31	15.5
4	Strongly Disagree	25	12.5
5	Disagree	10	5.0
	Total	200	100.0

(Source: Primary Data)

Table 7 represent the internet affects peoples' lives by increasing communication, expanding educational services, and improving quality of life along with personal interaction. Here 36.5% of respondents have strongly agreed that internet use enhances the quality of social life, whereas 15.5% of respondents neither agreed nor disagreed and 5% disagreed.

Discussion

The conclusions of this study show that using the Internet for educational purposes significantly improves the academic performance and social life of undergraduates. Her undergraduate students who use the Internet perform better in their respective fields compared to students who do not use the Internet. However, the results of this study show that there is an overall significant difference between the academic performance of Internet users and non-users, suggesting that Internet use has a positive impact on academic performance. It supports the conclusions of other relevant studies presented. Her credit points for learners. However, the results of this study are inconsistent with some related material showing negative effects of the Internet. On the other hand, addictive internet use may have affected students academic performance. Excessive use of the Internet undermines personal relationships with family and friends. However, the quality of Internet use depends on the research context in terms of available Internet accessibility, individual skills and user affordability

Suggestions for Further Research

- By changing the independent variable (Internet), an experimental research might be conducted to examine how it affects academic performance and other aspect of student behaviour.
- It is possible to conduct thorough research on the impact of the Internet in India and other countries.
- The results of this study may be useful for future researchers who wish to investigate further facets of using social media, social networking sites, etc.
- Research comparing college students from rural and urban areas can be done.

CONCLUSION

The conclusion that can be drawn from this study is that Internet use is a factor that positively and negatively impacts the lives of students, including the academic performance, personal and social lives of students. By the help of table we found that internet usage and its impact on students shows the internet accessibility, spending hours in using the internet, purposes of using the internet and

impact of using the internet on students' academic achievement, face to face relationship with their friends and families. In this study, the positive and negative effects of Internet use are proportionally equal. Here, positive outcomes include academic performance (such as completing coursework and research, searching search engines for study materials, and completing assignments) and an improved quality of social life. Adverse effects include internet addiction, lack of face-to-face communication, time wasting, overuse of social networking sites and depression. This study recommends that Internet use by undergraduate students had a significant impact on their academic and social lives, under the guidance and supervision of their elders in an appropriate manner.

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