

## A Study On Influence Of Internet On Social And Academic Life Of Student

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### Abstract

Today, the internet is largely acknowledged as a potent tool of education in addition to a method of communication. Internet use has both positive and negative effects on students' academic performance. Although it has a mixed impact on politics and morality, the internet is generally good for education. The goal of the current study is to find the overall influence of internet usage on the undergraduate and postgraduate students of cotton university. A descriptive research method is used for the study and the data were collected using a random sampling technique. A total of 38 students were selected randomly for the study from the population. According to the study's findings The majority of Cotton University students use the internet every day to obtain course materials, to get ready for exams, and to stay up to date on the newest news. Internet has an impact on Cotton University students' social lives as well. They also made use of the internet to relax after a stressful day and update their knowledge on how society was developing. Additionally, it was observed that social networking site addiction is a challenging issue faced by Cotton University students, and that there is a negative impact of the internet on students' academic and social lives as they frequently become distracted from their goals.

Keywords: Internet, Internet usage, Random sampling technique, University students.

### **Introduction :**

Internet is global network that connects the computers. Anywhere with an internet connection allows people to communicate and exchange information online. Millions of computers and other electronic devices are connected to the internet, a huge global network. With the help of the internet, we can perform a lot more tasks and obtain almost any information we need. Information and communication technology has been a tool for innovation and academic improvement in many sectors around the world. For students in higher education, ICT has played a crucial role in the teaching and learning process from both within and outside the classroom. The internet is a global network system that links a variety of business, academic, government, and public networks to enable communication and access to data resources on a global scale.

Due to the participatory nature of the internet, which makes it similar to the telegraph but different from radio and television, people can communicate nearly instantly across enormous distances. It is a mass media, similar to radio and television, and content and advertising can simultaneously reach millions of people. Thanks to the enormous contribution that internet technology has made to communication and information sharing, modern life has gotten easier for everyone throughout the world. In addition to facilitating communication, the internet also makes information, images, and items readily available. Nowadays, students frequently use the internet to acquire diverse academic information and numerous online learning platforms that aid them in their academic lives. But It has also been denounced as a potent new tool of the devil, awash in pornography, driving users to become addicted to hours of daily surfing, hours spent away from their friends and family, leading to depression and loneliness for the users themselves and further eroding ties within the community and neighbourhood.

Internet usage has both beneficial and detrimental consequences on students' academic achievement. The internet has a net positive effect on education, but it has a negative effect on politics and morality. Additionally, students who spend too much time on social media sites often feel lonely

and disconnected from their peers. Overuse of the internet might lower one's sense of worth. Students also encounter a variety of concerns related to internet use, such as cyberbullying and cybercrime, problems with internet access, proper use of ICT in the classroom, etc., which are covered in the study.

**Need of the study :**

One of the most significant recent developments in information technology is the internet, which has made the entire world a small, interconnected community. The number of internet users in India is growing daily, according to the internet usage statistics and telecommunication market report. The internet has grown to be an essential component of education for students worldwide. Students increasingly rely on the internet for a variety of objectives. They are utilising the benefit of online information access for their academic work. Due to how simple it is for students to access academic resources online, they are now also able to complement their online learning with in-person instruction. When writing their seminar papers, course assignments, and study materials, many students turn to the internet for assistance. Some students communicate via email with friends and teachers. With the aid of the internet, they keep themselves current in their field. Education is greatly impacted by the expansion of the internet and the diversity of knowledge that is disseminated there. The use of the internet has a significant impact on students' academic performance. This study was carried out to ascertain the impact of the internet on students' academic and social lives. This study will be very useful for understanding how the internet affects students' social and academic lives, identifying both the positive and negative effects it has on students' academic performance, and understanding the difficulties related to students' internet use. The study will shed light on the benefits of internet use and how it affects students' academic progress. It will also help educators and students grow in their ability to think critically about the teaching and learning techniques necessary to deliver high-quality education.

**Objectives of the study :**

1. To study the influence of internet on social and academic life of the students.
2. To study the positive and negative influence of internet on academic performance of the students.
3. To determine the challenges associated with use of the internet by students.

**Statement of the problems :**

The focus of this study is on Influence of the Internet on Social and Academic life of the students of the Cotton University.

**Delimitation of the study :**

1. The study was confined to the teaching departments under Cotton University which are within the campus.
2. The study was delimited to students of Under-graduate and Post-graduate degree Programmes.
3. The study was delimited to students of the programmes under semester system.

**Review of related literature :**

Following are the brief review by different investigator.

1. Anderson (2001) conduct an exploratory study on internet usage among college student and n attempt has been made to identify the social and academic effects of internet usage. Result of the study revealed that high internet users reported more negative effects from their extensive use of the internet. Some of the negatively affected aspects are academic life and sleeping patterns of students.

2. Devi and Roy (2012) investigated the use of internet among the university students of Assam University, Silchar. The study concluded that the use of the internet had created a huge impact upon the students of Assam University in their research and academic works. The study also concluded that the internet was accepted by the younger generation as a means for accessing the relevant information for academic and research work. The study also found that internet played an important role in day today life of the students.

3. Balasubramanian Arumugam (2013) conduct a study on social impact of internet usage on student of State University in Tamil Nadu, India. According to this studies it was seen that majority of the state university students are using internet more regularly than rural student. Rural students access internet through mobile and commercial cyber, whereas urban students have the opportunity to access from their homes. Almost all the respondents used internet for accessing emails and social networks sites like face-book followed by collecting general information and study materials. Students spending more time in surfing were less successful in finding relevant information and even few lonely students might prefer social interaction in virtual environment that lead them to problematic situations. This study also concluded that it is to be found that internet usage should be useful in improving the student's performance. The student who are active in social networking were much interested in Inter-culture interaction. This creates a world view amongst the students to understand the social issues. But, student who spent longer hours on the internet, lost sleep due to late night log in and felt life would be boring without the internet.

4. Das Ratna (2019) investigate the Internet Usage Among the Student of Dibrugarh University in Relation to their Study Habit and Academic Achievement. The study concluded that internet is the most popular source of searching information among the students of Dibrugarh University. Most of the students of Dibrugarh University used the internet daily for downloading academic information in making preparation for examination and also updating their knowledge with latest informant. The use of internet enhanced the academic performance of majority of the students of Dibrugarh University. The study also concluded that there is an influence of internet usage, study habit and academic achievement of the student of Dibrugarh University and there is a significant relationship between awareness towards internet usage and academic achievement of the student of Dibrugarh University. But, majority of the students are not satisfied with the university due to the problem of slow internet access speed, high cost access and inadequate internet facility at the university.

5. Fatema, K. , Nasreen, S. , Pervez, M. and Rahaman, m. (2020) study the impact of using the internet on students : A Sociological analysis a Bangabandhu Sheikh Mujibur Rahman Science and Technology University, Gopalganj, Bangladesh. In their study stated that internet usage is the factors that influences students life both positively and negatively influencing including academic performance, personal and social life. Positive and negative impact of using the internet is proportionally equal in this study. Here, positive outcomes includes academic achievement (completing course work and research work, searching in search engine for study materials, completing assignment and so, on) and improving the quality of social life. Negative impacts are internet addiction, lack of face to face communication, waste of time, excessive use of social networking sites and depression. This study recommends that as the internet is regarded as an inseparable part of human life, student should conscious of using the internet. Seminars and conferences should be arranged to highlight the negative impact of using internet on students. However the quality uses of the internet depend on the respective study context in terms of available accessibility of the internet, individual skills and affordability of users.

6. Baishya Mitali (2022) conduct a study on internet usage among higher secondary student in relation to their study habit and academic performance. This study concluded that majority of the student use the internet for non-academic purpose. It indicates a negative and significant relation between internet use and study habits and academic performance of students. In this study it has been found that the significant difference between the study habits and academic performance of high internet users and low internet users.

### **Research Methodology**

In the present study descriptive survey method is followed using primary data. The researcher used a simple random sampling technique.

The present study deals with the students of Cotton University enrolled in undergraduate and post-graduate courses. There were 24 departments and a total of 4459 students studying in

these departments of Cotton University were considered as population for the present study. A total of 38 students were selected randomly for the study from the population.

A self structured questionnaire consisting of 28 questions is used as a data collection tool for this study. Close-ended questions were provided in the questionnaire for the collection of the data

**Analysis and interpretation of data:**

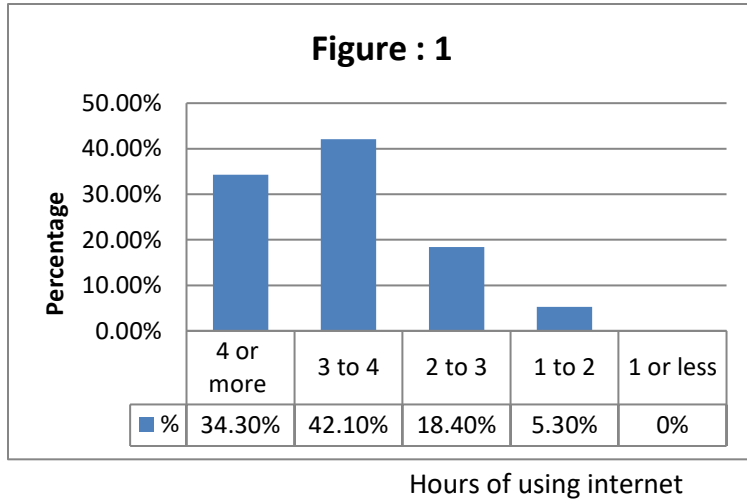
**Objective No.1 : To study the influence of internet on social and academic life of the students.**

To study the objective no. 1 of the study, the responses of the prepared questionnaire were tabulated and the responses of the students in every items were graphically presented accordingly.

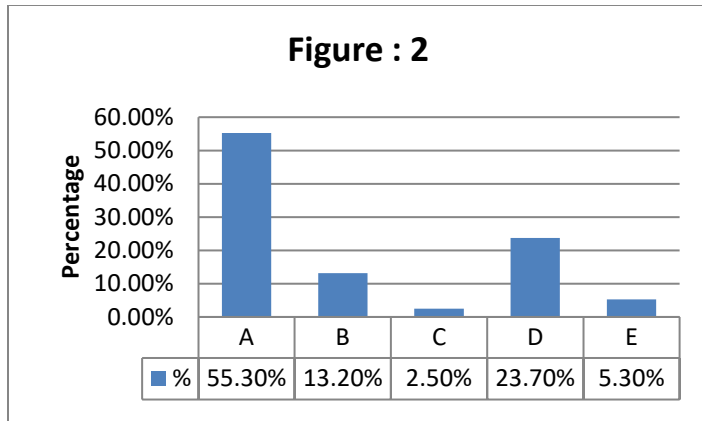
**TABLE NO. 1**

SL NO.	ITEMS	RESPONSES	TOTAL	
			N	%
1	What is your average time spending on internet per-day	4 hours or more	13	34.3
		3 – 4 hours	16	42.1
		2 – 3 hours	7	18.4
		1 – 2 hours	2	5.3
		1 hours or less	0	0
2	What is your primary purpose of using internet	Searching for information about study	21	55.3
		Watching movie	5	13.2
		Playing game	1	2.5
		Listening to music	9	23.7
		Chatting with friends	2	5.3
3	When do you use the internet most	Day	10	26.3
		Night	28	73.7
4	I feel more joy and comfort spending time online than being with friends or relatives	Yes	10	26.3
		No	28	73.7
5	Do you use internet to relaxed from the stress	Yes	30	78.9
		No	8	21.1
6	Are you addicted to online gaming	Yes	1	2.6

		No	37	97.4
7	Do you think internet is useful to upgrade yourself	Yes	36	94.7
		No	2	5.3
8	Addiction to online social networks is a problematic issue that affects your academic life	Yes	27	71.1
		No	11	28.9
9	Rank the following negative effects of the internet using by the increase of the damage yourself	Distract you	32	84.2
		Discourage you to compare the information in different way	4	10.5
		Plagiarism	2	5.3
		Cause you became violent	0	0
10	Do you rely on information found in Wikipedia to do your assignment without consulting others sources	Yes	13	34.2
		No	25	65.8







Purpose of using internet

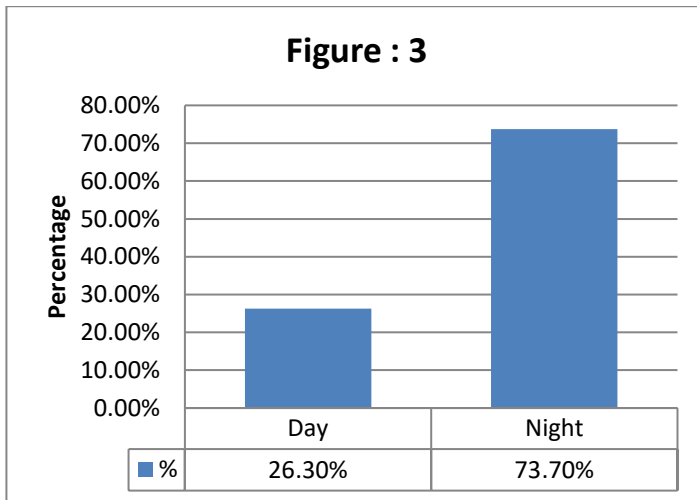
A = Searching for  
information about study

B = Watching movie

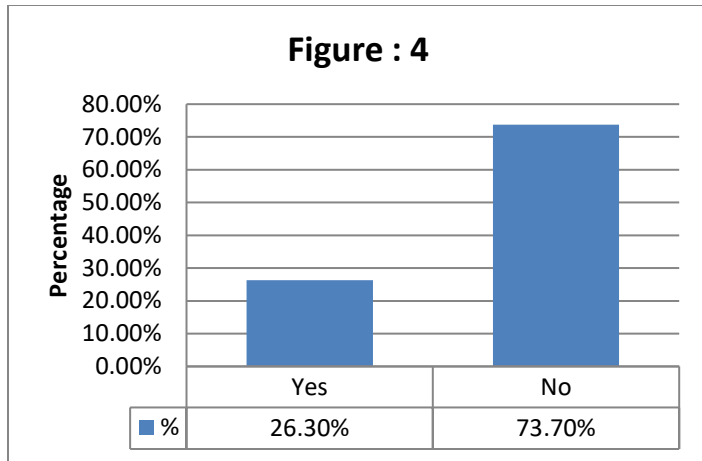
C = Playing game

D = Listening music

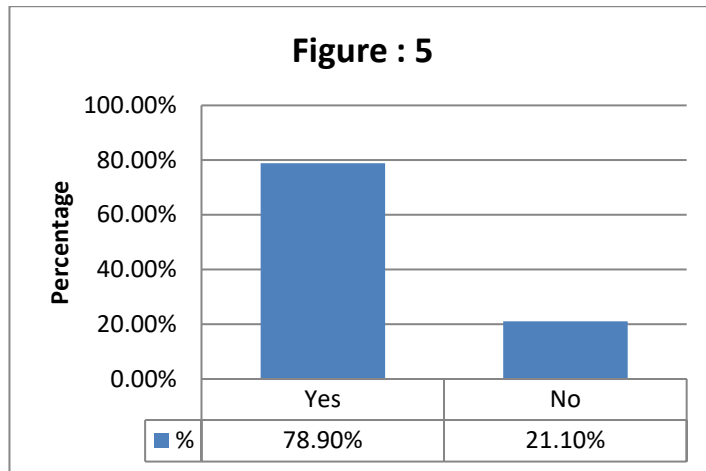
E = Chatting with friend



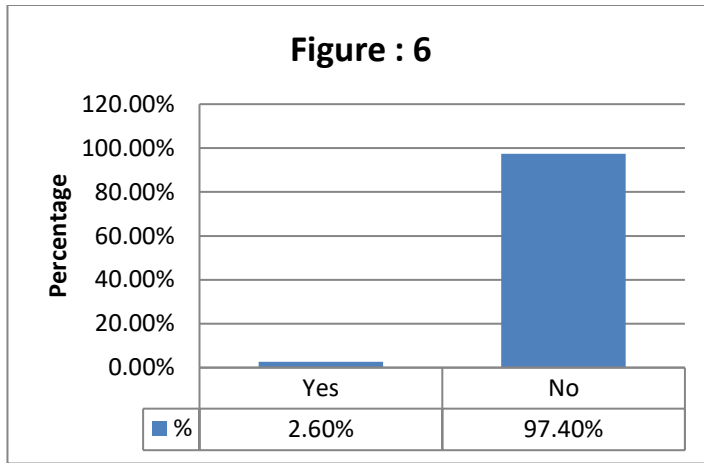
Use of internet in day and night



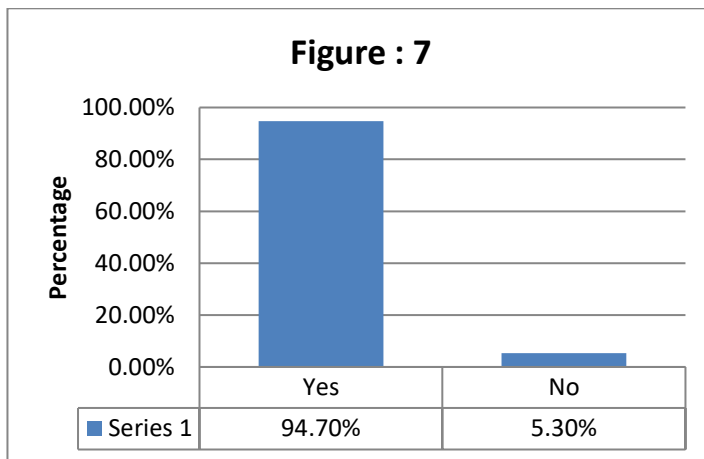
Response



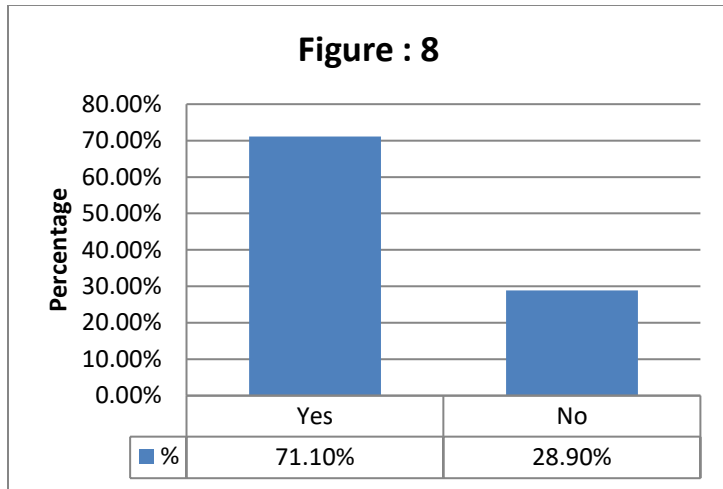
Response



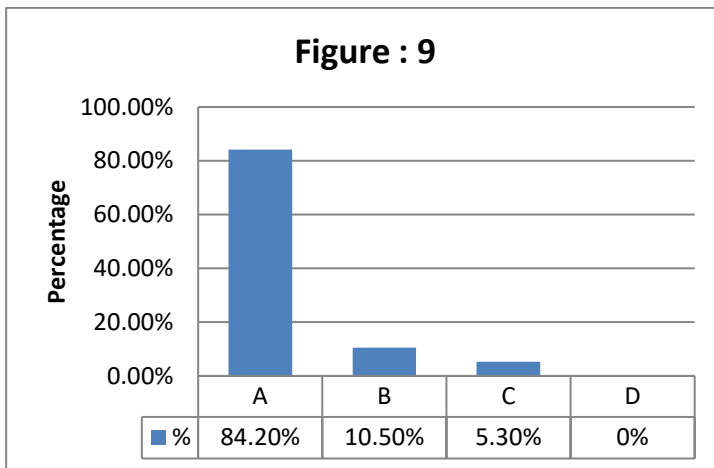
Response



Response

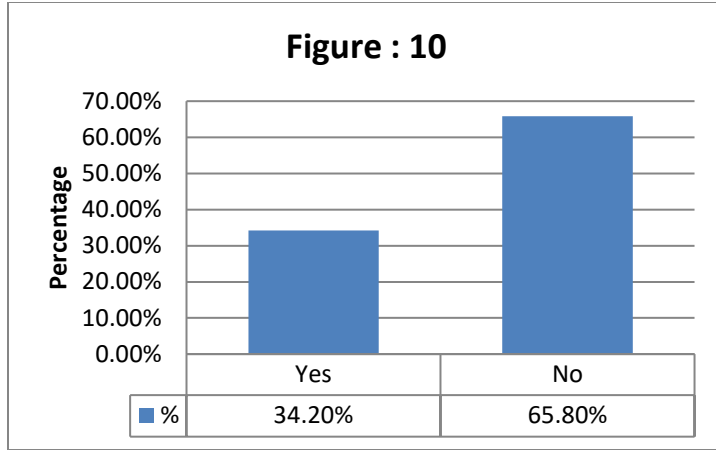


Response



Response

A = Distract you  
B = Discourage you to compare  
the information in different  
way



Response

From the table no. 1. It has been observed that maximum students i.e. 42.1% students average time spending on internet per day is 3 to 4 hours. 34.2% students average time spending on internet per-day is 4 hours or more.18.4% and 5.3% students use internet in per-day are 2 to 3 hours and 1 to 2 hours respectively. Maximum students (55.3%) primary purpose of using internet is searching for information about study. 73.7% students use internet most in night and 26.3% students use the internet most in day. Less % of students i.e. 26.3% students feel more joy and comfort to spending time on online and other 73.7% students spend their time with friends and relative rather than on onile.78.9% students used internet to relaxed from stress, which is commonly seen in present time. From the item no. 6 (fig.6) it was seen that maximum student i.e. 97.4% students gives response negatively on addiction to online gaming. 94.7% students gives their response positively to the item no. 7, which indicates internet is useful to upgrade ourselves. It was also seen that 71.1% students gives yes response to the item no. 8, which indicates that addiction to online social network is problematic issue that affects students academic life. In the item no. 9 (fig.9) it was observed that 84.2% students distract negatively because of using internet. 65.8% student response negatively to the item no.10 and 34.2% student gives yes response to the item no. 10. Which indicates students does not blindly depend on internet.

From the above discussion we can conclude that the role of internet on students social and academic life is very influential.

But it was also seen that over use of internet or addiction to social networking site can influence negatively of the students social and academic life.

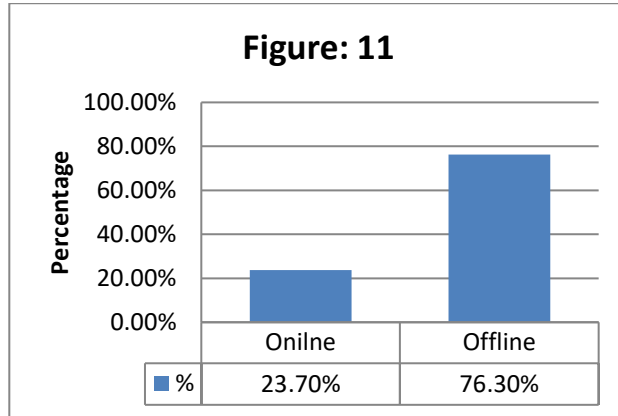
**Objective No. 2 : To study the positive and negative influence of internet on academic performance of the students**

To study the objective no. 2 of the study, the responses of the prepared questionnaire were tabulated and the responses of the students in every items were graphically presented accordingly.

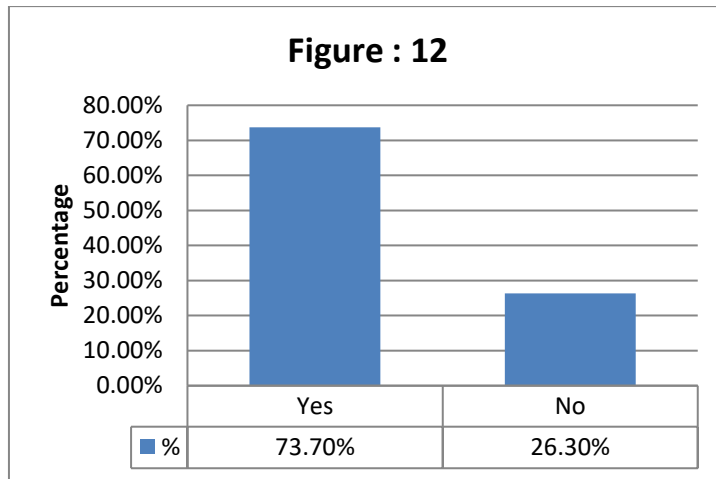
**TABLE NO. 2**

SL.NO.	ITEMS	RESPONSES	TOTAL	
			N	%
11	Which mode of learning do you prefer the most?	Online	9	23.7
		Offline	29	76.3
12	Do you have access to any online learning platform?	Yes	28	73.7
		No	10	26.3
13	Do you benefitted by using internet to improve your grades?	Yes	32	84.2
		No	6	15.8
14	How do you think of the internet would influence your future?	Very influential	8	21.1
		Influential	14	36.8
		Kind of influential	13	34.2
		No influence	3	7.9
15	How do you think using internet affects your study?	Very much and negatively	2	5.3
		So - so	17	44.7
		Not at all	8	21.1
		It has positive effects on my study	11	28.9
16	Which positive effect do you think is the most important to you?	Provide information for you to learn	17	44.7
		Express your feeling	1	2.65
		Chatting and having new friends	1	2.65
		Expand your knowledge	19	50
17	Do you use materials gotten from blogging sites to complement what you have been taught in class?	Yes	19	50
		No	19	50
		Yes	23	60.5

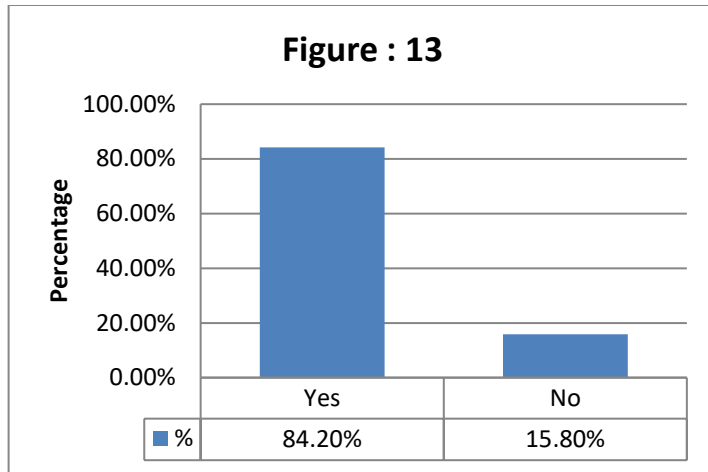
18	Do you perform well in your academics if you stop using social media?	No	15	39.5
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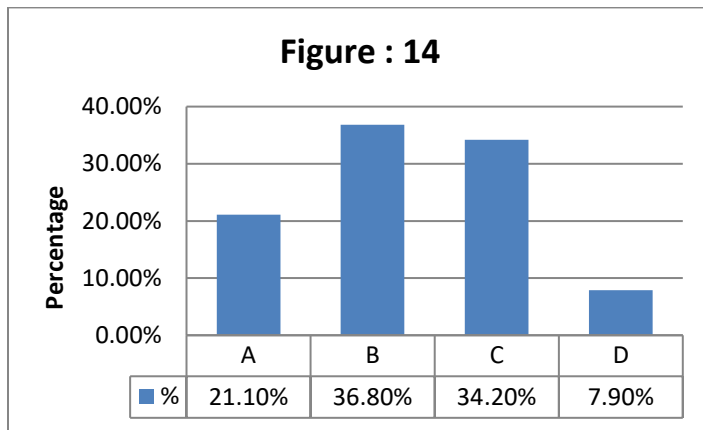
Mode of learning



Response

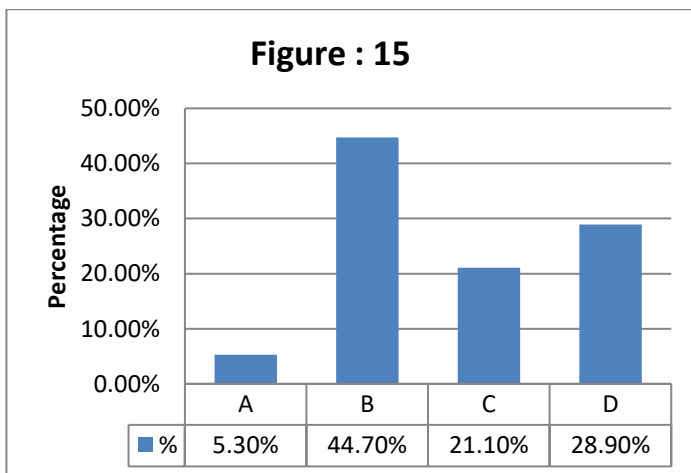


Response



A = Very influential  
 B = Influential  
 C = Kind of influential  
 D = No influence

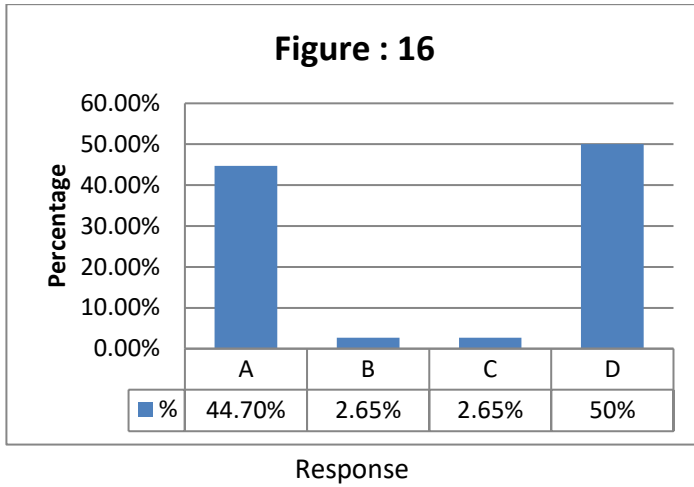
Response



A = Very much and negatively  
 B = So-so  
 C = Not at all

Response



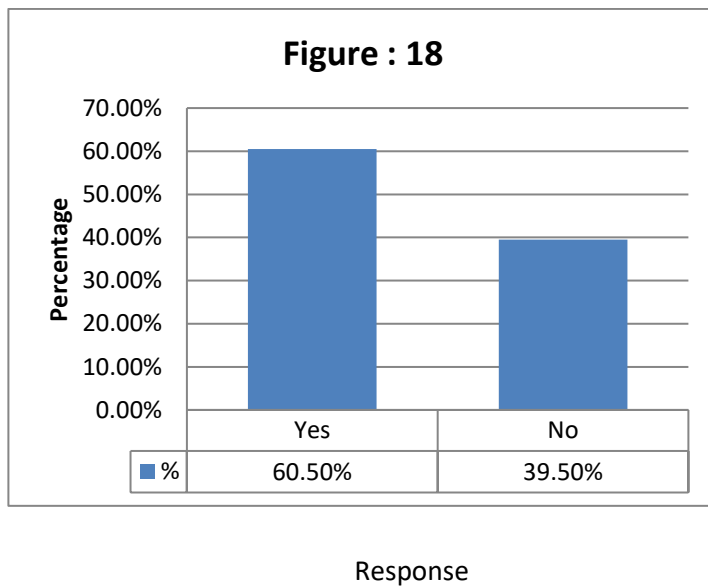
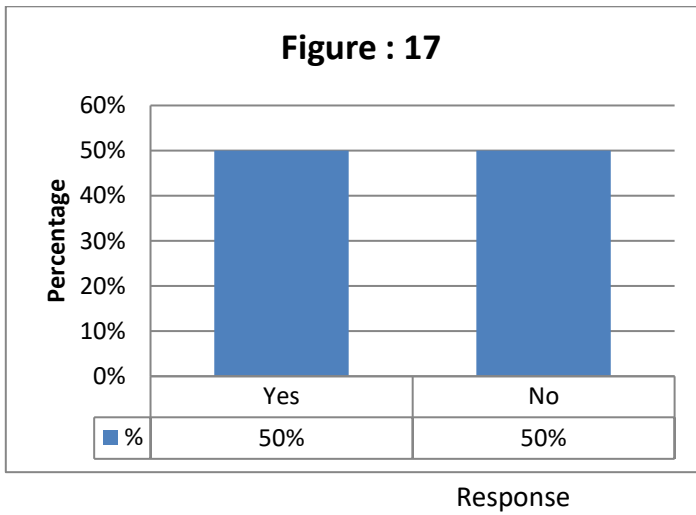


A = Provide information  
for you to learn

B = Express your feeling

C = Chatting and having  
New friends

D = Expand your knowledge



From the table no. 1. It has been observed that most of the students (76.3%) prefer offline mode of learning and 23.7% student prefer online mode of learning and also 73.7% of student have access online learning platform. In the item no. 13 (fig: 13) it was seen that 84.2% people gives positive reply, which indicates that they were benefitted by using internet to improve their grades. In the item no. 14 responses given by the students are 36.8%, 34.2%, 21.1% and 7.9% to the response of influential, kind of influential, very influential and no influential respectively. In the item no. 15, responses given by the students are 44.7%, 28.9%, 21.1% and 5.3% to the option of so-so, it has positive effects on my study, not at all and very much in negatively respectively. In the item no. 16 ( fig:16) it was observed that 50% student agreed that internet helps them to expand their knowledge and 44.7% students gives response on option no. 1 i.e.( provide information for you to learn). In the item no. 17, 50% students gives yes response and 50% students gives no response. In the item no. 18, 60.5% students agreed that they perform well in their academic if they stop using social media and 39.5% students do not agreed it.

From the above discussion it was seen that internet have both the positive and negative effect on the academic life of the student. In the conclusion we can says that the positive and negative effects of the internet is depend on the users. Student can benefitted by the internet if they use internet to focus on their academic purpose.

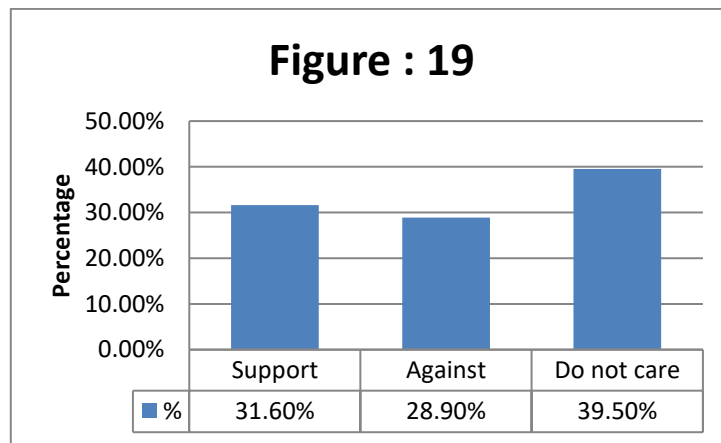
**Objective No. 3: To determine the challenges associated with use of the internet by students**

To study the objective no. 3 of the study, the responses of the prepared questionnaire were tabulated and the responses of the students in every items were graphically presented accordingly.

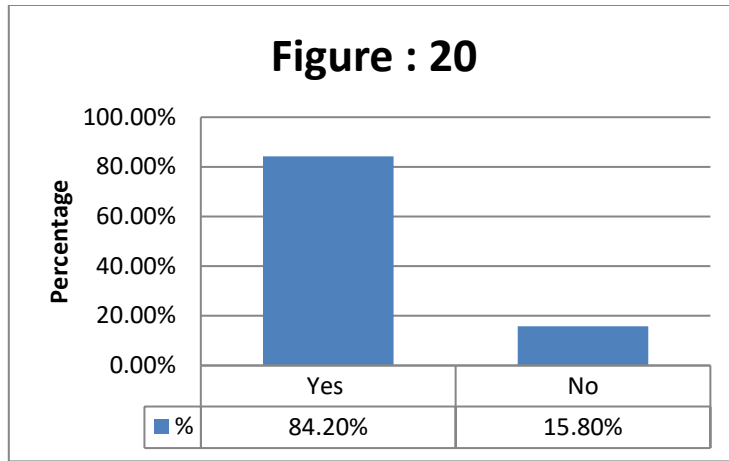
**TABLE NO. 3**

SL. NO.	ITEMS	RESPONSES	TOTAL	
			N	%
19	What is your parent’s opinion towards your internet using	Support	12	31.6
		Against	11	28.9

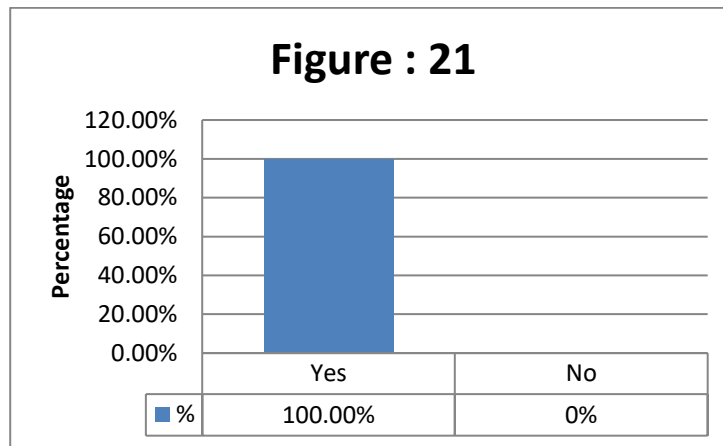
		Do not care	15	39.5
20	Do you have your own computer?	Yes	32	84.2
		No	6	15.8
21	Can your mobile phone access the internet?	Yes	38	100
		Yes	0	0
22	How much money you spend on phone recharge per-month?	0-200/-	3	7.9
		200-400/-	31	81.6
		More than 400/-	4	10.5
23	Does it accessible for you?	Yes	36	94.7
		No	2	5.3
24	Does your institution have an ICT laboratory?	Yes	27	71.1
		No	11	28.9
25	Does your institution have an internet facility?	Yes	27	70.3
		No	11	29.7
26	Does your teacher use ICT in the classroom?	Yes	29	76.3
		No	9	23.7
27	Does your teacher properly use ICT platform?	Yes	28	73.7
		No	10	26.3
28	Does your area have proper network connection?	Yes	31	81.6
		No	7	18.4



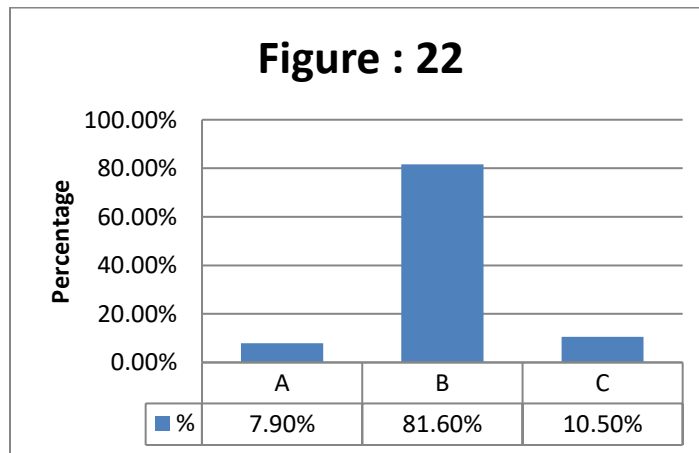
Parent`s opinion



Response

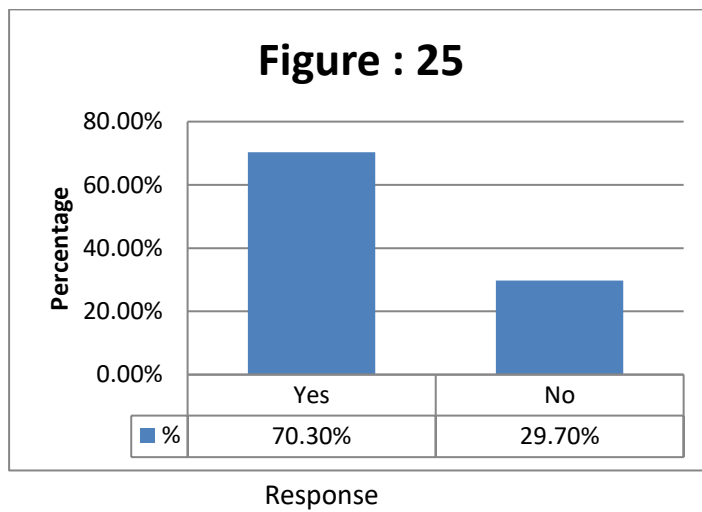
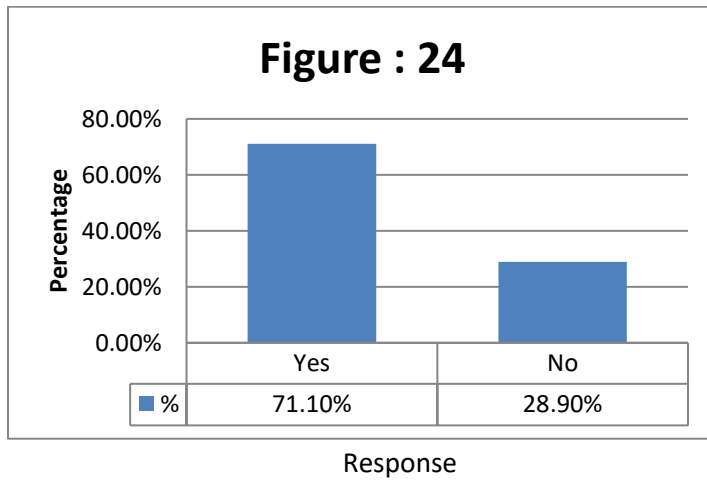
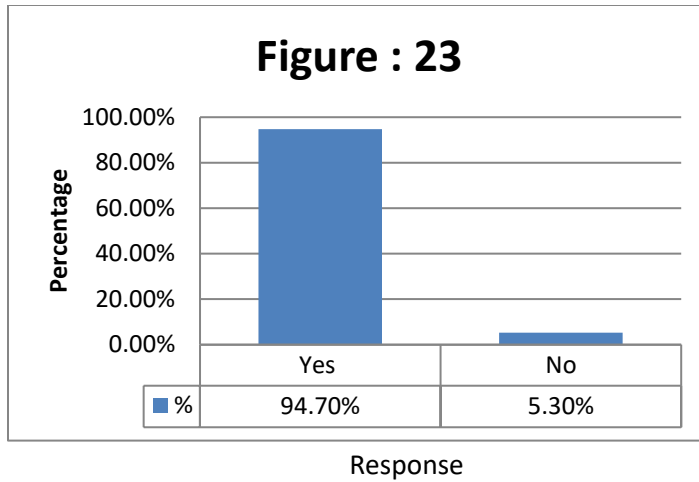


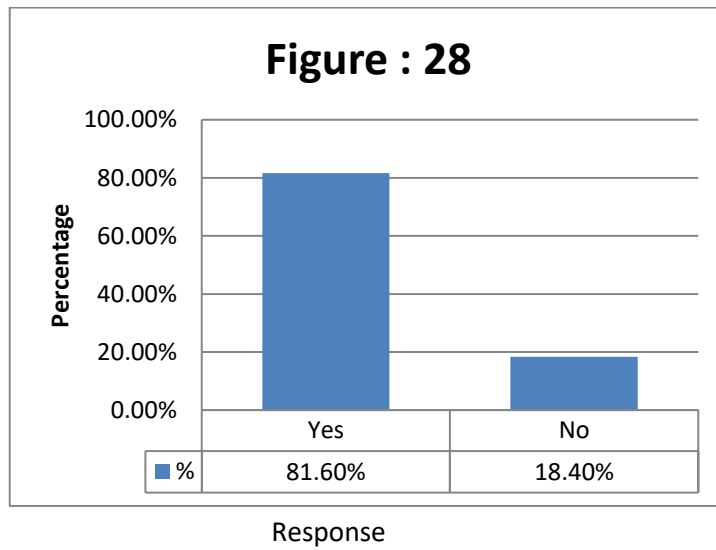
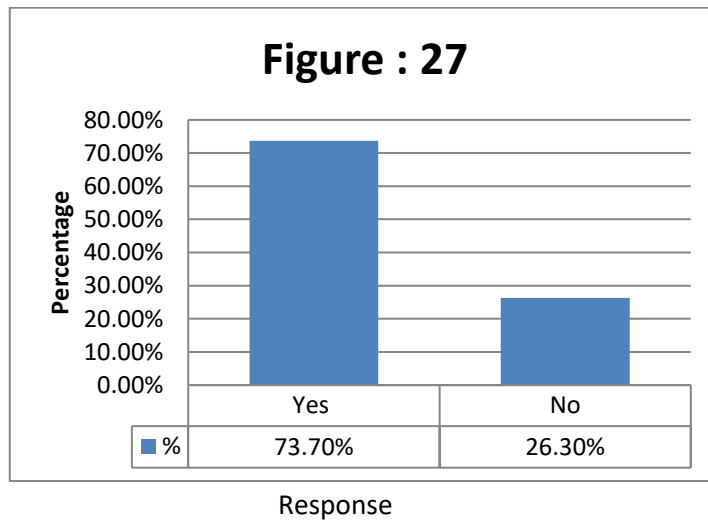
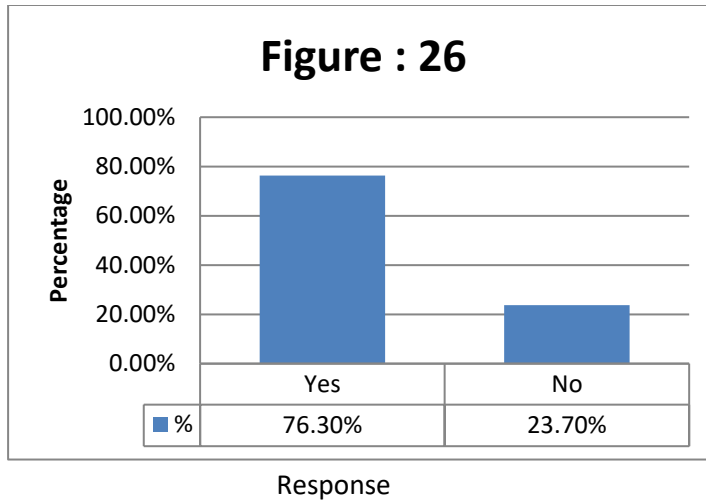
Response



A = 0 – 200/-  
 B = 200 - 400/-  
 C = More than 400/-

Response





From the table no. 1. It has been observed that student gives their response on their parent's opinion towards their internet using are 39.5%, 31.6% and 28.9% on the option of do not care, support and against respectively. 84.2% students have their own computer. 100 students gives yes response on item no. 21. 81.6% student spend 200-400/- rupees per-month for phone recharge and it is accessible for 94.7 students. In the item no. 24, 71.1% students gives yes response and 28.9% students gives no response. In the item no. 25, 70.3% student gives yes response and 29.7% students gives no response. In the item no 26, 27 and 28; 76.3%, 73.7%, 81.6% student gives yes response and 23.3%, 26.7% and 18.4% students gives no response respectively.

From the above discussion it can be concluded that students can easily access internet and most of the student can't face challenges associated with use of the internet in their social and academic life.

#### **Findings of the present study :**

Based on the analysis and interpretation of data the findings are associated with different objectives of the study are presented below-

Findings related to influence of internet on social and academic life of the students.

- From the results of the study, it has been found that maximum student's average time spending on internet per-day is 3-4 hours.
- Results of the study further reveal that most of the student's primary purpose of the using internet is searching for the information about study.
- 73.7% students use internet most in night and 26.3% student use internet in day.
- It was also seen that students are feel more joy and comfort spending time being with friends and relatives rather than online.
- The study revealed that 78.9% student use internet to relaxed from stress.
- From this study it has been found that student are not addicted to online gaming.

- It was seen that student are use internet to upgrade themselves with changing society.
- It was also seen that addiction to online social network is a problematic issue that affects student's academic life. 71.1% student agreed it.
- From this study it was also seen that 84.2% student says that distract them is the most negative effects of the internet.
- 65.8% students do not rely on Wikipedia or internet to do their assignment without consulting others sources and 34.2% student dependent on internet to do their assignment.

Findings related to the positive and negative influence of internet on academic performance of the students.

- From this study it was seen that 76.3% students prefer offline mode of learning and 23.7% students prefer online mode of learning.
- 73.7% student have access online learning platform.
- From this study it has been found that students are benefitted by using internet to improve their study.
- It was seen that internet has influence student's future.
- From this study it was observed that 5.3% students says that using internet affects their study is very much and negatively, 44.7% students give response on so-so, 21.1% student give their response on not at all, and 28.9% students says that internet has positive effect on their study.
- From this study it was seen that provide information to learn and expand the knowledge are positive effects of the internet most important to students.
- 50% students use materials gotten from blogging sites to complement what they have been taught in class.
- From this study it was seen that 60.5% agreed that they perform well in academics if they stop using social media and 39.5% students do not agreed it.

Findings related to the challenges associated with use of the internet by students.

- From this study it was seen that parent's opinion towards students internet using are 31.65, 28.9 and 39.5% with the response on support, against and do not care respectively.



- 84.2% students have their own computer.
- From this study it has been observed that all students have internet accessible mobile phone.
- Most of the student spend 200-400 rupees per-month on phone recharge and it accessible for them.
- It was also seen that maximum department of Cotton University have and ICT laboratory.
- From this study it was observed that Cotton University have internet facility but it does not accessible for all the students.
- 76.3% students says that their teacher use ICT in the classroom.
- 73.7% students says that teacher of Cotton University properly use ICT platform.
- It was also observed that 81.6% students have proper network connection in their area.

### **Results**

In the present study, an attempt has been made to find out the influence of internet on social and academic life of the students. The results of the study highlighted that majority of the student's social and academic life influence by internet. Most of the student use internet to searching for information about study, also they use internet to relaxed from stress in their social and academic life. Most of the student use internet to upgrade themselves with changing society. But over use of social media or addicted to social media is a negative influence of internet on students. In the present study, an attempt has been made to find out the positive and negative influence of internet on academic performance of the students. The result of the study highlighted that majority of students improve their grades by using internet. It also observed that internet has positive effects on student's academic performance. Students also benefitted by using internet to expand their knowledge and internet provide information about their study. On the other hand, it was also observed that internet distract the students from the study habit and using social media effects on their academic performance which one of the negative influence of the internet. In the present study, an attempt has been made to find out the challenges associated with use of internet by students. The result of the study highlighted that

majority of the students easily access internet. Most of the students has their own computer and smart phone and also their area have proper network connection. The institution have internet facility but it not reachable to all students and also most of the department of Cotton University have an ICT laboratory. The most of the teacher of Cotton University use properly ICT platform in classroom.

**Suggestions :**

In the present study an attempt has been made to study the influence of internet on the social and academic life of the students. But this study has its own limitations as this study conduct in campus of the cotton university and did not cover of the other aspect of the internet. Thus on the basis of the findings of the study the following suggestion can be offered:

1. In present study the influence of internet on the social and academic life of the students of both undergraduate and post-graduate level within the university campus. Similar study can be conducted outside the university.

2. The present research study explored the influence of internet on the social and academic life of the students. Similar research studies can be undertaken to study the influence of internet some other variables like personality, creativity, motivation etc.

3. Some other research studies can be undertaken to study the prevalence of internet addiction among the students of higher education and its influence on their behaviour pattern, emotional maturity, physical and psychological well being.

4. The present study was delimited to the students of Cotton University only. In order to make the study more comprehensive, it is suggested that the target population be expand to include all university of Assam.

5. A comparative study can be undertaken to investigate the pattern of internet usage among the students of government and private universities of Assam.

6. The present study descriptive in nature. It will also advisable to conduct some comparative or experimental studies to evaluate the perceived influence of internet usage on different age group of students.

### **Conclusions**

With the development of technology, use of the internet is increasing rapidly. Although the internet has become one of the most significant information resources for students, its impact is also remarkable. The present study was conducted in the Cotton University. The study highlighted the influence of internet on the social and academic life of the students. Findings of the study revealed that internet is the most popular source of searching information among the students of Cotton University. It indicates a positive influence of internet on academic life of the students. Most of the students of Cotton University used the internet daily for downloading academic information, in making preparation for examination and also for updating their knowledge with latest information. Internet also influence the social life of the students of Cotton University. They also used internet to relaxed from the stress and upgrade their knowledge with the changing society. It was also seen that negative influence of internet on students social and academic life of the student as they often distract from their goals and addiction of social networking sites is a problematic issue face by the students of Cotton University. The used of internet has enhanced the academic performance of the majority of the students of Cotton University. It has been observed that students are benefited by using internet to expand their knowledge and internet also provide them information about study. It was also seen that most of the student also face problem by using social media which effects their academic performance. Majority of the students of Cotton University easily access internet as most of the students have their own computer and smart phone. Cotton University have an internet facility but it not accessible to all of the students. Most of the department of the Cotton University have an ICT laboratory. Majority of the teacher of Cotton University properly used ICT platform in the classroom. In last it is very essential that the students of Cotton University should be provided with more internet facilities.

Internets help a lot in the field of education by providing new information and keep them updated. It has transformed the relationship between the teachers and the students and gave a new horizon and prospects to it. Example: earlier students were not aware about the current information they depends upon books and newspapers but with the access of Internet they can easily grab the information in whatever language they want and needed. Students learn various languages and can communicate with teachers and experts just by clicking mouse. Internet has now become a source of joy and education both. State is also playing its role in increasing cyber literacy. Government by making various polices is trying to make people participate into the programmes and policies made for the educational purposes. Internet also brings new social environment from private space to the globalised world. As Internet is very helpful for the students and children for their educational purposes in positive aspects. However it has its negative aspects also as there are certain websites which are dangerous to them. In the covid-19 pandemic time internet play important role in the field of education. Which helps the students as well as the educator to complete the syllabus and conduct the examination in online mode. In present time students can't think their academic life without internet

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