

Negative effects of Internet on Students

Dr. Samapika Das Biswas

Assistant Head of the Department, Basic Science & Humanities
Associate Professor & Counsellor
Institute of Engineering and Management, Kolkata

ABSTRACT

The Internet has changed business, education, government, healthcare and even the ways in which we interact with our loved ones—it has become one of the key drivers of social evolution. The changes in social communication are of particular significance. The Internet has removed all communication barriers. An international team of researchers has found the Internet can produce both acute and sustained alterations in specific areas of cognition, which may reflect changes in the brain, affecting our attentional capacities, memory processes and social interactions. The research found a negative relationship between internet addiction and motivation to study. Students reporting more internet addiction also found it harder to organise their learning productively and were more anxious about their upcoming tests. Recent research suggests that excess use of the internet over prolonged periods of time may negatively affect some cognitive functions, particularly attention and short-term memory. Those having internet addiction are found to be more depressed (odds ratio=14, 95% CI=7.9-24.6), stressed (odds ratio=12, 95% CI=5.5-25.7) and anxious (odds ratio=3.3, (95% CI=1.9-5.6), as compared to those who are not having internet addiction. In a study conducted at McMaster University in Canada, researchers found that those who rely on the internet are susceptible to developing mental health issues such as anxiety, depression, and impulsivity issues.

KEYWORDS: Social Evolution, Changes in Social Communication, Internet Addiction, Motivation to Study, Impulsivity Issues

Date of Submission: 21-08-2021

Date of Acceptance: 05-09-2021

I. INTRODUCTION

According to the study, which we first saw on Motherboard, researchers estimate that 6% of the world's population is addicted to the internet. The world's population is roughly 7 billion people, so that makes for about 420 million people addicted to the internet. Internet addiction is characterized by excessive or poorly controlled preoccupations, urges or behaviours regarding computer use and internet access that lead to impairment or distress. Modern technology has paved the way for multi-functional devices like the smartwatch and the smartphone. Computers are increasingly faster, more portable, and higher-powered than ever before. With all of these revolutions, technology has also made our lives easier, faster, better, and more fun.

According to the latest research presented in a special issue of Developmental Psychology, published by the American Psychological Association (APA), spending a lot of time on the Web can have both negative and positive effects on young people, i.e., the sharing of self-injury practices by some and the improvement of academic performance and health awareness by others.

"A major goal for this cumulation of research is to show the good and bad sides of the Internet as it relates to children," said coeditors of the special issue Patricia Greenfield, PhD, of the Children's Digital Media Center, University of California at Los Angeles and Zheng Yan, PhD, of the State University of New York at Albany. Students who use digital technology excessively are less motivated to engage with their studies and are more anxious about exam tests, according to new research. This effect was made worse by the increased feelings of loneliness that use of digital technology produced, said the study, published in the Journal of Computer Assisted Learning. "The results suggest that students with high levels of internet addiction may be particularly at risk from lower motivations to study, and, hence, lower actual academic performance," said study researcher Phil Reed from Swansea University in the UK.

For the findings, 285 university students, enrolled on a range of health-related degree courses, participated in the study. They were assessed for their use of digital technology, their study skills and motivation, anxiety, and loneliness. The research found a negative relationship between internet addiction and motivation to study. Students reporting more internet addiction also found it harder to organise their learning

productively and were more anxious about their upcoming tests. The findings also found that internet addiction was associated with loneliness and that this loneliness made study harder.

The internet is so popular nowadays that almost anyone uses it. It is accessible by almost any person who tries to connect to one of its central, main networks. Moreover, it can be accessed by users of any age and condition. But what are the positives and negatives of the internet?

The Internet has some great positive effects. Some of these include:

- Internet search engines are the best information retrieval systems available. They bring any kind of information for internet users, from local restaurants to international news.
- The Internet provides some of the most effective means of communication among people, including online emailing and instant messaging.
- The Internet makes it possible for businesses and companies to do transactions with their clients and customers.
- Thanks to the internet, people can take action and avoid adverse circumstances. For instance, hurricanes, storms and accidents can be tracked through the internet.
- The internet has allowed the interchange of ideas and materials among scientists, university professors, and students, in addition to providing servers, resource centers and online tools for their research and scholarly activities. Moreover, millions of books, journals and other material are available through the internet because of the digitization of public domain material from libraries in the States and Europe. This action enables people to learn all new sorts of things.

Sometimes, the internet can have negative effects, including:

- Illegal or inappropriate materials can be found on the internet.
- Some people in recent years have illegally downloaded music or other copyrighted material for free. This action has had a negative impact on the music industry and has led to several lawsuits.
- The addiction to online social networks can disturb a person's way of living and professional activity.
- Some criminals use the internet for spreading computer viruses or even intercepting credit card or bank details for spurious purposes.

The internet affects students by feeding them with mindless data that can suck them in, making them vulnerable to getting addicted. Cheating. Homework and other school projects can be copied right off the internet, making cheating very easy to do with just a few clicks.

II. CONCLUSION

Studies show that information overload affects up to 20-30% of people. Damage to social relationships: Extensive internet use of social media in particular is correlated with loneliness and social isolation. There's also sufficient evidence to suggest that despite its intention to make us more connected and more confident, social media use actually stokes feelings of anxiety and loneliness. Due to the open transparency and constant accessibility of social media, you may also feel anxiety related to a lack of privacy.

If your child or teen is in possession of gadgets that help him connect to the internet whenever he wants to, be aware of the above-mentioned negative effects. As a parent, you can surely exercise control over your child's excessive internet usage, for the sake of their physical and mental health. And, if you suspect that your teen is an internet addict or is on his way to becoming one, do seek help from a counselor or a psychologist at the earliest.

REFERENCES

- [1]. Pew Research Center
- [2]. The Computers impact on society
- [3]. News Medical Life Sciences
- [4]. parents circle

Dr. Samapika Das Biswas. "Negative effects of Internet on Students." *International Journal of Humanities and Social Science Invention (IJHSSI)*, vol. 10(09), 2021, pp 19-20. Journal DOI- 10.35629/7722