



IJRASET

International Journal For Research in
Applied Science and Engineering Technology



INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 8 Issue: IV Month of publication: April 2020

DOI: <http://doi.org/10.22214/ijraset.2020.4263>

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Impact of more Adaptation of Internet on Students: A Review Study

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Abstract: *The objective of the present study is to analyze the literature about internet usage by students, to know the results of different papers in relation to impact of internet usage on students. This study involves examination of 32 papers devoted to know the purposes of using internet by students. The research reveals that social media excess for entertainment and communication is the most common and prevalent use of internet. There is increasing trend of using internet and social media for sharing learning material and accessing updated information among students. Long hours usage of internet for entertainment in the absence of time management has results in addiction among students also. From overall findings it is concluded that the adaptation of internet with time appropriateness will bring many positive outcomes in students' academic performance.*

Keywords: *Academic performance, Educational purpose, Entertainment, Internet, Review of literature, Social media, Time management*

I. INTRODUCTION

During the era of globalization, use of a variety of advanced technology is increasing. Similarly use of internet in various aspects of life is also increasing. The use of internet has emerged in 1990's but today it has become an important tool for communication, business, education and many other services. Internet is a rich source of information and it is a useful tool for sharing information and communication. As internet contain vast quantities of information, it is important that the user is aware of variety of information that internet provides. It overcomes the geographical limitation of space and help individuals to interact and share information among them. Universities, colleges and schools are also adapting internet facilities. As day by day internet use among students is increasing, it is important to find the reasons of their adapting the internet and the impact of internet use on their academic performance. There are many advantages and disadvantages of internet in consideration of students. Students use internet not only for educational and research purposes but also for entertainment and interacting purposes also.

The exposure of internet provides several benefits to students as it helps the students in their studies as well as in their research work. Students use internet's information for doing research in various fields of study. In tertiary education, internet is used as a tool to communicate the research work.

The various benefits which students are getting from the internet are rich information on internet, sharing information with friends, using e-Dictionaries, downloading pictures for their projects, learning lessons from online videos, follow up current news,, learn the foreign language online, downloading e-books, downloading educational games and applications, examining the various research papers and many more.

As the higher education is not untouched with the influence of internet and specifically ICT , teachers and learners are trying to modernize their teaching and learning methods. E-Books are becoming part of learning and teaching processes. E-books or electronic books are an electronic version of printed books. Students are shifting from traditional printed books to e-books and e-readers. E-books are favoring to every age group from children to adults because e-books offer many advantage like these are easier to carry anywhere and these can be read anytime and anywhere, these are less expensive than printed books.

There are some challenges to students in using the e-books. Students find it difficult to access the e-books and share these with their friends because of lack of familiarity with e-books and e-readers. As the time is changing and e-technology is becoming part of our daily life, educators should put efforts to train the students to make them familiar with e-technology, so that they can also get benefit from e-books and e-readers which are already offering plenty of benefits to many learners. Internet and the use of mass media in education have improved the quality of education around the world. Internet provides benefit to everyone and students are making their learning more effective by its use.

Internet has unlimited range of facilities which are available to all internet users. These facilities are facilitating many but few like social networking sites, online games, entertainment applications etc. are such which can take away students from their studies and negatively affects their academic performance, if not controlled and monitored timely. When internet is used for non-educational purposes specifically for entertainment, it can adversely affect the students' performance. Many studies have proved that addiction of social media has resulted in low academic performance of students. Facebook is the most widely used social networking site and students are becoming addict of Facebook and such addiction take students far away from their study.

This paper aims to complement the previous studies to find the impact of internet usage on students' academic performance. As students are also the main users of internet, how internet impacts their academic performance is required to be analyzed. This research will help the researchers to understand the positive as well as negative impact of internet usage on students.

II. METHODOLOGY

The present study has focused on papers published in prestigious journals. The retrieval of database is based on trusted sources and the well known journals so as to get authentic data for review study. The researcher has tried to make choice of papers from those journals which are dealing with relationship between internet and academic performance. Data search starts in august 2019 and search was initiated with focus on such papers which contain the terms internet and academic performance which resulted in 16 papers.

Then the search was continued with social media and students involvement keywords which provide 20 more papers. Looking for social media and its addiction provide 14 more unique papers with few repeated papers. Finally the search for social media and impact on academic achievement provide 22 more papers. An in-depth study of these papers helps the researcher to identify 32 papers out of 72 research papers. These 32 papers are analyzed properly to provide results and conclusion.

III. RESULTS

A. Use of Internet for Educational Purposes

Internet provides many tools for educational purposes. The study by Dogruer *et al.*(2011) revealed that there are many educational areas in which students use internet which include use of social websites for sharing subject information, to download necessary files, to use e-dictionaries, to use internet for their projects etc.[2].

In the research by Emeka *et al.* (2016) the same results are given that internet is a good tool in education and it enhances the capabilities of students and help them in their study. Researchers also conclude that time spent on internet has significant impact on students' academic performance [18].

Results provided by Apuke *et al.* (2018) revealed that internet has increased the academic achievements of students as they use internet for academic purposes. Internet has widened the scope of reading and learning of students and has raised the trend of self-learning as students have become able to discover new knowledge by using online videos. Internet is also improving their academic research and learning outcomes [5].

A study by Gagan & Rakesh(2013) revealed that main purposes of using internet by research scholars include- searching research material, searching databases and catalogue library, accessing e-journals, e-documents, downloading files and getting career information [20].

1) *Social Media usage for Educational purposes*: Social media provides immense options to students for their academics. Aljooboori *et al.*(2020) revealed that there is an increasing trend of using social media for academic purposes and students prefer to use social media for academic information because they find social media as reliable source. Also using social communication to obtain academic information is a means to reduce time, effort and cost [1]. Bernard and Dzandza(2018) revealed the same that social media is helpful for students to access relevant course material which help them to achieve more in their academics. But it cannot be denied that social media can cause addiction in students and through online networks students get distracted from their study [13]. A study by Nasrullah *et al.*(2019) revealed that students spend a lot of time on social media and enjoy meeting new friends but they also use social media to upgrade leaning material. Social media helps the students to access their course material but its use does not support student learning [8]. The study by Talaue *et al.*(2018) revealed that social media usage has a positive impact on academic performance of students when they use it for academic purposes but using social media for long hours makes them addicted of social media and resultant is the poor academic performance [12]. Similar results are given by Shahibi *et al.*(2017) that students' academic performance is influenced both positively and negatively by the use of online media depending upon the purpose for which the students use online media[19].

B. Use of Internet for Non- Educational Purposes

Internet provides many tools for entertainment and communication (non-educational purposes). Deniz and Geyik (2015) revealed through their study that the purposes for which students use internet are chatting, downloading films& musics, playing online games , online shopping etc. they use social media but they are not at the stage of addiction. Students admit that internet is a good tool for research and learning but they do not prefer to use internet for study related purposes[4].Upadhayay and Guragain(2017) revealed the similar findings that downloading and watching movies and songs are the main purposes for which students use internet. But due to long hour usage of internet they are facing problems of lack of sleep and the poor concentration [15]. Puspita & Rohedi(2018) revealed the fact of internet addiction among school students because of their indulgence in online games , online shopping and Youtube . It has resulted in negative impact on their studies [17].

1) *Social Media usage for Non-Educational Purposes:* A'lamElhuda & Dimetry (2014) conducted a research study to find the impact of Facebook and other social networks on students and found that the main purposes of using these networks include connecting with family and friends, following news and chatting. The preference for social networking sites is high and it continues to increase. The use of these sites negatively affects the concentration of students and hence has negative impact on academic performance [10]. Similar findings are given by research conducted by Owusu *et al.*(2015) which was focused to find the purpose of using social media by students and results revealed that chatting is the main purpose of using social media. As students spend more time on social media, it negatively affects students' academic performance [16]. Okyeadie *et al.*(2016) through their study revealed that students are becoming addicted to social media. They lack time management due to which they spend long hours on social networking sites and resultant is their poor academic performance [21]. Asemah *et al.*(2013) provide the similar results through their study that influence of social media on academic performance is negative . Those students who spend more time on social media perform poor in academics as compare to those who spend less time on social media [14]. Thuseethan & Kuthansan(2014), Rouis *et al.*(2011) and Altaany *et al.*(2013) revealed through their studies that Facebook usage has negative impact on academic performance of students.[6],[7],[11] The importance of self regulation to control presence on Facebook has been identified by Rouis *et al.*(2011) that helps the students to prevent themselves to have negative impact of Facebook [7]. Contrary to this the study by Moghavvemi *et al.*(2017) Facebook usage for getting relaxed , to pass time and entertainment purpose but does not has negative impact but it actually helps to increase the academic achievements of students [9] .

IV. CONCLUSION

The present paper brings together all the papers which examine the impact of internet and its services on students' academic achievements. Some of the papers bring the positive impact of adaptation of internet facilities by the students which include the ease of accessing course related material, ease of sharing study material, availability of rich information for completing assignments & projects along with wide access of e-journals, e-books, databases and documents for research work. The availability of variety of information from global sources is one of the best facilities provided by internet to students which help them to get authenticated matter for their academic activities.

Social media is a well known means of entertainment and communication. But its trend in education for getting updated information and for connecting with learning groups is increasing day by day.

Through the study of various papers it is concluded that there are mainly two factors which decide about the impact of using social media.

The first one is the purpose for which students use social media and another is the duration of time of using social media. As stated above that social media provides many tools which are conducive to education as well as for entertainment, students should realize that the more they use social media for non-educational purposes, the more are the chances of their poor academic performance. Apart from social media, students use internet for watching & downloading movies, songs and videos.

Based on the overall findings, it can be concluded that internet and its services can prove to be Boon or Curse depending upon the purpose and the time for which the students access internet facility.

More adaptation of internet should have time appropriateness. Use of internet to get relaxed helps the students in concentrating more on studies only when this internet usage has time appropriateness. This paper will help the researchers to have the overview of impact of internet usage on students' academic performance so that they utilize this study in further elaborating the positive and negative aspect of internet usage in students' academics.

Table I- SUMMARY OF REVIEWED STUDIES

Authors	Title of Study	Participants	Type of Data	Findings
Aljuboori, A. F., Fashakh, A. M., & Bayat, O. (2020).	The impacts of social media on University students in Iraq.	201 students participate in the study	Questionnaire survey	This study revealed that students use social media for academic purposes and social media has a positive impression on students
Nasrullah, S., & Khan, F. R. (2019).	Examining the Impact of Social Media on the Academic Performances of Saudi Students	64 undergraduate students	Questionnaire survey	It is revealed that most of the students use social media to upgrade their academic material but social media does not support students' learning
Apuke, O. D., & Iyendo, T. O. (2018).	University students' usage of the internet resources for research and learning: forms of access and perceptions of utility	250 students	Quantitative survey and qualitative focus group discussion	It is revealed that students use internet mostly for academic purposes and students from focus group admit that internet has increased their academic achievements. Students believe that internet is improving their academic research and it has enhanced their academic learning outcome.
Puspita, R. H., & Rohedi, D. (2018, February).	The impact of internet use for students	120 vocational school students	Questionnaire survey	School students use internet for online games, Youtube and online shopping. Internet has become addiction and it has negative impact on learning activities.
Talaa, G. M., AlSaad, A., AlRushaidan, N., AlHugail, A., & AlFahhad, S. (2018).	The impact of social media on academic performance of selected college students	60 students	Questionnaire survey	This study revealed that social media has become integral part of students' life. Social media has positive as well as negative impact on academic performance of students depending upon time and purpose of using social media
Bernard, K. J., & Dzandza, P. E. (2018).	Effect of social media on academic performance of students in Ghanaian Universities: A case study of University of Ghana, Legon.	197 students	Questionnaire survey	This study revealed that social media is helpful for students and it has increased their grade also. students use material of social media platforms for improving their academic work. It is also revealed that social media can also cause addiction and distraction of attention, further causing negative impact on performance.
Moghavvemi, S., Sulaiman, A., Aziz, A. A., & Wai, P. S. (2017, July).	The impact of Facebook usage on academic performance	660 undergraduate and post graduate students	Questionnaire survey	It is found in this study that Facebook usage does not have negative impact on academic performance of students rather it has positive impact on their performance.
Upadhayay, N., & Guragain, S. (2017).	Internet use and its addiction level in medical students	100 medical students	Questionnaire survey	The findings of the study revealed that downloading and watching movies and songs are the main purposes of using internet by students. due to long hour usage of internet, they are facing problem of poor concentration.
Shahibi, M. S., & Rusli, K. N. (2017).	The influence of internet usage on students' academic performance	206 final year students	Questionnaire survey	This study revealed that if students use online media for non educational purposes, it will negatively affects their academic performance but if they use online media for educational purposes, it certainly put positive impact on their academic performance.
Okyeadie Mensah, S., Nizam, D., Mensah, O. S., & Nizam, I. (2016).	The impact of social media on students' academic performance	120 students	Questionnaire survey	This paper revealed that the nature of internet usage significantly influenced academic performance of students. the social media platforms have negative impact on students performance because of lack of time management and addiction of social media in students.
Emeka, U. J., & Nyeche, O. S. (2016).	Impact of internet usage on the academic performance of undergraduates students: A case study of the university of Abuja, Nigeria.	200 undergraduate students	Questionnaire survey	The findings of the study revealed that internet is a good tool in education as it enhances the capabilities of students and helps them in their studies. Students are facing problem of using internet because of lack of computer skills and slow speed of internet server.
Deniz, M. H., & Geyik, S. K. (2015).	An empirical research on general internet usage patterns of undergraduate students	148 university students	Questionnaire survey	This study revealed that university students do not use internet for study related purposes and research needs but they admit that internet is an easy way to access study related information, a good means of entertainment and research.
Owusu-Acheaw, M., & Larson, A. G. (2015).	Use of Social Media and Its Impact on Academic Performance of Tertiary Institution Students: A	1508 students of tertiary institutions	Questionnaire survey	It is revealed that most of the students use social media for chatting. Students academic performance has negatively affected by the use of social media.

	Study of Students of Koforidua Polytechnic, Ghana			
Usman, N. H., Alavi, M., & Shafeq, S. M. (2014).	Relationship between Internet addiction and academic performance among foreign undergraduate students	120 undergraduate students	Questionnaire survey	This study revealed that effect of internet addiction on academic performance of students is not at a critical level but early prevention should taken into consideration
A'lamElhuda, D., & Dimetry, D. A. (2014).	The impact of Facebook and others social networks usage on academic performance and social life among medical students at Khartoum University	275 medical students	Questionnaire survey	It is revealed that social networking sites have negative impact on academic performance of students. use of social networking sites negatively affect the concentration of students
Asemah, E. S., Okpanachi, R. A., & Edegoh, L. O. (2013).	Influence of social media on the academic performance of the undergraduate students of Kogi State University, Anyigba, Nigeria.	282 undergraduate students	Questionnaire survey	The findings of the study show that more exposure of social media to undergraduate students negatively affects their academic performance. If they spend more time on social media, they perform poor in their academics.
Gagan, S., & Rakesh, P. (2013).	Use of internet for research and educational activities by research scholars: A study of DSB Campus of Kumaun University-Nainital	26 researchers of university	Questionnaire survey	It is revealed that the main purposes for using internet by researchers include- to search research material. Searching databases, searching catalogue library, accessing e-journals and e-documents and to download files.
Altaany, F. H., & Jassim, F. A. (2013).	Impact of Facebook usage on undergraduate students performance in Irbid national university: Case study	480 undergraduate students	Questionnaire survey	It revealed that time spent on Facebook has significant impact on academic performance of students .There is a negative relationship between the Facebook usage and grade point average performance.
Dogruer, N., Eyyam, R., & Menevis, I. (2011).	The use of the internet for educational purposes	100 students of different level at school	Questionnaire using Self efficacy scale data	This study concludes that there are some educational purposes like using e-dictionary, to get up-to-date information, to download lectures etc. for which students efficiently use internet but they feel insufficient to use internet for purposes like to download e-books and to use e-learning portals.
Rouis, S., Limayem, M., & Salehi-Sangari, E. (2011).	Impact of Facebook Usage on Students Academic Achievement: Role of self-regulation and trust	239 undergraduate students	Paper and pencil survey	It is revealed that those students who are extensive users of Facebook have low academic performance . Those students who are self regulated control their presence on platforms like Facebook .

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