

A Study to Evaluate the Impact of Internet Exposure on Academic Performance and Social Behavior of Adolescents: A Narrative Review

Sumit Kumar¹, Siva N.², Alamelu M.³

¹M.Sc. Nursing 1st Year, ²Assistant Professor, Department of Child Health Nursing, ³Vice Principal cum HOD Pediatric Department, School of Nursing Sciences and Research, Sharda University, Greater Noida, U.P.

Abstract

Introduction: The internet today is a worldwide entity whose nature cannot be easily or simply defined. To many, the internet is a large computer network linking together millions of smaller computers at numerous sites in various countries belonging to thousands of business, government, research, educational and other organizations. To the internet users, the internet is a global community-one with a very active life. In today world, the Internet plays a vital role in the teaching, research and learning process in academic institutions. Thus, the advent of the Internet has heralded the emergence of a new form of knowledge production and distribution – the soft form.

Aim: The aim of the study is to assess the impact of internet exposure on academic performance and social behavior of adolescents.

Methodology: Intervention: Structured questionnaires and attitude scales.

Types of studies: Cross-sectional descriptive research design.

Types of participants: Adolescent students.

Setting: Selected inter-colleges of Greater Noida.

Outcome: This narrative review result has appeared that Internet exposure have adverse impact of academic performance and social behavior of adolescent students.

Keywords: *Internet Exposure, Academic Performance, Social Behavior, Adolescent Students.*

Introduction or Background

The internet is a valuable source of information used by student in projects and assignments. With over 50 million websites on the net, the chances are that information on any subject however obscure can be found using appropriate search tools. It also serves as a useful tool for lecturers in helping to prepare lesson plans using a number of sites dedicated to providing educational material.¹

There are great possibilities for higher education at all levels through the use of internet because curricula can be developed collaboratively and educational materials distributed and updated more cheaply, offering

additional ways for students to interact with their study materials as well as their instructors.²

A descriptive study was conducted in the tertiary institutions of Bhutan to study the impact of the internet on academic performance of the Bhutanese students. The study was conducted on 154 participants from three academic institutions as there samples. Qualitative research approach was used in conducting the research study. Results indicated that only academic oriented internet utilization contributes to the better academic performance with the significance value $p=0.001$ while social and recreational function of the internet would hinder the achievement of better academic result. Also, there were difference between the internet use and

gender, the internet use and age groups and the internet use and institutions in Bhutan. Thus study concluded that excessive internet exposure for social and recreational causes can lead to decreased academic performance.³

A study was conducted by on Internet use and its impact on secondary school students in Chiang Mai, Thailand. Study was conducted on 952 students of secondary schools. The method used was online survey method. This study found that 3.7% were classified as addictive Internet users using the scale cut off point recommended by the Delphi panel of experts. Internet addictive users spent significantly longer on the Internet than students who were classified as normal users (Mdn = 29.00 and Mdn = 16.00, respectively, $p < 0.01$). School problems, physical and mental health problems, and relationship problems were reported as being negative impacts of Internet use. So the research study concluded that internet adversely affect the health status as well as physical status of students.⁴

A descriptive research study was conducted by, on adolescent students in Ghaziabad city in Uttar Pradesh, The study was conducted to know the influence of access use of internet on academic performance among intermediate adolescents. The samples for this study was 300 intermediate adolescent students of Ghaziabad city. The data was collected by means of structured questionnaires. The results shows that calculated F-value is greater than the critical F-values at 0.01 levels proves that internet exposure affects the academic performance of the students found that out of 300 secondary school children internet usage pattern is extremely high among them. Only 10 percent adolescents i.e. they are not addicted to internet, though this is a small figure, but it shows a rising trend as compared to the trends found at the advent of internet and its usage. The research study conclude that the high intensity of Internet use will bring negative effects if the users do not know their priorities⁵

A survey research study was conducted by was conducted to investigates the effects of internet on the academic performance of students in tertiary institutions within Niger state, Nigeria. The study comprised of 300 students as the samples from three separate institutions by using random sampling method. The research design adopted was the survey method using questionnaires as the instrument of data collection. Descriptive statistics was used to analyze the collected data The finding reveals that majority of the respondents 63% accepted that the internet is very useful as it improve their academic

performance; also 30% of the respondents point out that internet is useful as it make academic activities much easier for them. Only 6% of the respondents said that the internet makes academic activities difficult and also 3% of the respondents indicated decreased in academic performance. So this study proves internet is one of the beneficial tools in academic progress of individual.⁶

A Survey research study was conducted in sultanates of Oman. The study was conducted to explore to what extent the Internet can affect the behaviour of Omani teenagers (e.g. through harassment, sensual and inappropriate content, racist/violent material), to discover the reasons why Omani teenagers engage in these negative online activities and to recommend strategies designed to minimize participation in these activities amongst teenagers. The sample for this study was 500 school going children from sultanates of Oman. Research method used for this study was qualitative research method. Results shows that 82.5% of the students think that going online affects their academic performance, social life and their health as well, whereas 17.5% of them think it does not and this proves that there is negative relationship between internet exposure and academic progress as well as social behavior.⁷

A descriptive survey research was conducted in Batagarawa Local Government school, Katsina State, Nigeria yo indicate the impact of internet exposure on academic as well as social performance of students The study clearly indicates that psychosocial behaviour of secondary school students is highly influenced by the use of social media sites. the p-value obtained 0.00 is less than the alpha value of 0.05 level of significance and a degree of freedom of 304, based on the influence of social media usage on academic performance of secondary school students, 180 students are highly influenced with a mean of 12.49 as compared to their counterparts that are low influenced with a mean of 24.33 as such the null hypothesis is then rejected. This clearly indicates that social media use has significant effect on academic performance of secondary school students.of Study confirms the internet exposure effect the health and academic behavior of child in negative way.⁸

Findings

The systematic search was conducted by formulating the terms separately and in integration with all synonyms, also according to the database. Likewise, a manual Google scholar search was undertaken using the

keywords and search synonyms from already articles. An addition of 6 articles was found in the database. Initial search recovers 1170 articles over which 270 articles were selected manually. 150 articles were rejected as a result of replication in the database. Replication was removed and reviewed 120 articles for acceptability. 114 more studies were rejected because of unreachability of the full text. Hence 6 articles were screened which includes quantitative study.

Discussion

These findings are supported by a descriptive survey study conducted by Pardhasaradhi, V, Goel. V reported that The results shows that calculated F-value is greater than the critical F-values at 0.01 levels proves that internet exposure affects the academic performance of the students found that out of 300 secondary school children internet usage pattern is extremely high among them.

Conclusion

In this narrative review, 1 study states that participants have positive impact of academic performance and social behavior by internet exposure, 5 studies state that participants have adverse impact of academic performance and social behavior by internet exposure.

Source of Funding: Self-funding

Ethical Clearance: Prior permission was obtained from the principal of selected schools of Greater Noida Uttar Pradesh

- Informed written consent was taken from each participant under the study. Objective of the study was maintained with honesty, privacy confidentiality and anonymity.

Conflict of Interest (Nil): There is no conflict of interest in present narrative review

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