



Impact of Internet Use on Study Habits of School Going Adolescents

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Abstract:

The major aims of this study is, to study the impact of internet use on Study habits of school going adolescents. The sample was collected by random sampling techniques from Udham Singh Nagar district of Uttarakhand State. The sample consists of 450 school going adolescents of XI standard. For the data collection, Study habit Inventory developed by Lajwanti and Paliwal and Internet Use Questionnaire (IUQ) developed by S. Shresth and A. Mishra was used. Statistical techniques Mean, S.D. and 't' test were applied to analyze the data. Results of the study revealed that internet non user school going students showed higher Study habits in comparison to internet user school going adolescents.

Keywords: *Internet user, Internet non user, Study habits, School going adolescents*

1. Introduction

Science and techno gadgets have captured the attention of the world in the present time. Computers and the internet are very powerful tools of acquiring knowledge in the present education system. It is difficult to assume schools and colleges without internet and digital equipment. Smart classrooms, E-books, E-libraries and other online platforms of learning are very beneficial and helpful for the learners. Usage of the internet in India has resulted in significant changes in lifestyles and study habits of students. Technology has a rapid change in daily life. In schools use of the internet has increased in sharing knowledge and ideas to each other. Learning process has also changed with the use of technology and the internet. Internet and allied technology has brought revolution in the field of learning. Learners can easily interact with an instructor with the use of technology. The Internet is attaining an educational hold all over the world. The feasibility of electronic and web-based technologies has a tremendous impact on Study habits. The Internet and virtual classrooms are playing the most important role in the learning process. The use of ICT tools has changed the education system. Computers and the internet are very powerful tools for the global education system. Internet and online platforms has provided several services in household, business and in education system. National Education Policy 2020 pointed out "Education is fundamental for achieving full human potential, developing an equitable and just society and promoting national development". It provides a global user-to-user, computer-to-computer communication system that crosses corporate and national boundaries. It is a common observation that the use of the internet can improve students' achievements, thinking critically, formation of concepts, problem solving and understanding relationships with other aspects. (Temple and Gevillet, 1990)

Study habits are the way of learning in a systematic approach. It guides one's cognitive process during learning. It plays a very important role in achieving academic success to the students. Good Study habits are an art and as such it needs practice. Healthy and good Study habits result good performance of students. Some students study more time in the wrong style so they could not achieve good scores in

their academics. On the other hand, some students study less but they could score more in their academics and finally better results by their good Study habits. The Success of every learner depends upon skills of learning. Good and systematic Study Habits bring their own rewards in the sense of achievement of success of students. Good Study Habits produce a positive attitude towards the subject. Study habits are assessed directly through tests, reports, examination, assessment and rating. Effective Study habits play a very important role in the learning process. Good Study habits are beneficial for all the learners to complete their assignments, project work and also in self study. In the present scenario a person can share his or her views and ideas with the entire world with the help of the internet. It is also pointed out that internet use not only affects positively but also negatively impacts the Study habits of students. Study habits refer to a student's method of studying. Good Study habits are important factors of academic success. As a result, efforts are undertaken to be the predictors of academic success. The objective of this study is to determine the impact of internet use on adolescents' Study habits. Teachers and school administrators might be organized periods to guide students for the proper use of social media (Shaheen and et.al 2021). Singh (2014) pointed out that the internet has brought a fundamental change in the lifestyle and Study Habits of students. Chand (2013) proved that there were no significant difference exists between govt. and private school students on reading and note taking, concentration, Study Habits and total Study Habits. Lajwanti and Sharma (2013) concluded the effect of sex, discipline and internet use/non use on academic performance and Study Habits was insignificant.

2. Objectives of the study

- 1.To study the number of internet users in the school going adolescents in a given population.
- 2.To study the Study Habits of internet users and internet non user school going adolescents.

3. Hypothesis of the study

Ho: There is no significant difference in the Study habits of internet user and internet non user school going adolescents.

4. Methodology

4.1 Method

In the present study, a descriptive survey method will be used. Keeping in view a number of considerations such as nature of problem, objectives of the study and resource fullness of the investigator etc. the researcher decided to use the survey method.

4.2 Population

For the purpose of the present study the population will be considered all the senior secondary students of Udham Singh Nagar District in Uttrakhand.

4.3 Sample

For the present study the sample consisted of 450 students (324 internet user and 126 internet non user) school going adolescents studying in different senior secondary schools of Udham Singh Nagar district of state Uttarakhand . The sample was included with both male and female internet user and internet non user school going adolescents of govt. and private school studying in class XI. Both rural and urban areas were considered. 15 schools will be selected randomly by lottery method. A simple random sampling was used to find out the internet user and internet non user school going adolescents.

4.4 Tools

For data collection of the study, the researcher may use various devices and instruments. These data collection instruments are called tools. The selection of suitable instrument or tools is very important for success of a research study. For this purpose, the investigator used the following tools.

- 1.Internet Use Questionnaire (IUQ)- Developed by investigator and A. Mishra
- 2.Study Habit Inventory (SHI) - Lajawanti, N P S Chandel and Ashish Paliwal.

4.5 Statistical Techniques Used

The statistical measurements like Mean, S.D. and C.R. Ratio were used to analyze the data.

5. Results and discussion

To study the number of internet users in the school going adolescents in a given population this table 1.0 has been created.

Table no 1.0

Gender	Internet users	Internet non users	Total
Male	190 (76%)	60 (24%)	250
Female	134 (67%)	66 (23%)	200
Total	324 (72%)	126 (28%)	450

Table no 1.0 shows that in total sample of the study the number of 190 (76%) male internet user school going adolescents and the number of 60 (24%) internet non user school going adolescents and the other hand the number of female internet users 134 (72%) and 126 (28%) internet non user school going adolescents were found.

To find out the **Comparison of Study habits of internet user and internet non user school going adolescents**, the following null hypothesis was made and tested statistically:

Ho: There is no significant difference in the Study habits of internet user and internet non user school going adolescents.

This hypothesis has been tested with the use of Mean (M), Standard Deviation (SD) and Critical Ratio (CR/t-value) and the results have been pointed out in the table no 1.0.

Table no 1.1

Group	N	Mean	Std. Deviation	SE _D	t-Value	Result
Internet users	324	105.63	22.83	2.90	3.10	Significant 0.05* 0.01**
Internet non users	126	114.61	29.25			

**Significant at 0.05 level*

*** Significant at 0.01 level*

The table no. 1.1 shows the comparison of mean score of Study habits of internet users and internet non user school going adolescents. The mean score and S.D. of internet user school going adolescents are 105.63 and 22.83 and those of internet non user school going adolescents are 114.16m and 29.25 respectively and standard error of difference is 2.90. The calculated C.R. value is 3.10, which is significant at 0.01 level of significance with degree of freedom of 448. It is evident from the above description that there exists statically significant difference between internet user and internet non user school going adolescents with reference to their Study Habits. The mean scores of internet non user school going adolescents show higher Study habits in comparison to internet user school going adolescents. Hence, the hypothesis Ho1 has not been accepted.

Joshi and Sharma (2017) concluded that Study Habits of internet non user students were better in comparison to internet users in respect to gender and stream.

6. Conclusion

On the basis of the test of the significance of the hypothesis, the result of the present research was analyzed. The result of the study indicated that the internet is a significant, broad and comprehensive medium of knowledge sharing, so 72% of school going adolescents was using the internet for

educational purpose and for entertainment purpose too. In which 76% were male school going adolescents and 67% that of females.

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