Internet Overuse Among Secondary Student-Teachers and Its Effects on Young Generation

Dr. Nataraja R[1], Divyashree P.N[2]

[1]Associate Professor, Sree Siddaganga College of Education, Tumakuru, Karnataka -572102
[2]Student-Teacher, Sree Siddaganga College of Education, Tumakuru, Karnataka -572102

Abstract:

"Addiction to the internet is a 21st-century epidemic." – Dr. Kimberly Young

In today's digital age, the internet has become a powerful and essential tool in modern education. It plays a vital role in communication, learning and entertainment, especially for students, educators, and mentors. The internet supports flexible and personalized learning and offers countless educational benefits. However, its overuse has become a growing concern. Many students spend excessive time online not only for academic purposes, but also for social media, gaming, and entertainment. This over dependence on the internet can lead to reduced concentration, procrastination, poor academic performance, and mental health issues such as anxiety and stress.

As future educators, must recognize the difference between productive use and addiction. A conscious effort is needed to prevent internet addiction and to ensure that technology serves as a support, not a distraction, in their journey to becoming effective and responsible teachers.

The main purpose of this study is to know about the Internet overuse among Secondary Students-Teachers and its Effects on Young Generation. The researcher has taken a sample of 100 Secondary Student-Teachers. The classified and tabulated data were subject to statistical analysis using percentage and t- test. From the analysed data, major findings, discussion, educational implications and suggestions was made and reported.

Keywords: Internet, overuse, effects, Student-Teachers, Young Generation.

Introduction:

Internet as a global network of computer and other electronics devices that allows people to communicate and share information. The internet has evolved significantly over the years, changing how we live, work, and communicate. In the past, it was slow, limited, and mostly used for basic communication and information sharing. Today, it's a powerful tool that connects the world in real time and offers countless possibilities. Earlier, only a few people like scientists and researchers used the internet, and connections were often slow and unreliable. Now, we have high-speed internet, broadband, and 5G networks that let us stream videos, play games, and attend virtual meetings. Websites were once simple and slow to load, but today they are faster and more interactive.

Addiction: It means a strong and harmful need to regularly do something or use something, even when it causes problems. It can be related to substances like Drugs, Alcohol, and Active use in the internet, playing games or watching TV.

Internet Addiction: In today's world, many young people are becoming addicted to the internet. They spend more hours on Social media, playing online games, watching videos or reels, often neglecting their studies, physical health, while the internet offers many benefits, overuse can leads problems such as poor sleep, Eye strain and lack of physical activity.

So, for this reason, the researcher conducts research on this Internet overuse among Secondary Student-Teachers and its Effects on Young Generation.

Objectives:

The study has the following objectives:

1. To study the level, pattern of Internet usage and overuse among Secondary Students-Teachers and its Effects on Young Generation.
2. To compare the difference between male and female Secondary Student-Teachers with regard to usage and over-usage of Internet.
3. To compare the difference between rural and urban Secondary Student-Teachers with regard to usage and over-usage of Internet.
4. To compare the difference between arts, commerce and science stream Secondary Student-Teachers with regard to usage and over-usage of Internet.
5. To compare the difference between joint and nuclear family Secondary Student-Teachers with regard to usage and over-usage of Internet.

Hypothesis of the Study:

Based on the objectives, the researcher formulated the following null hypothesis,

H-1: There will be no significant difference between male and female Secondary Student-Teachers with regard to usage and over-usage of Internet.

H-2: There will be no significant difference between difference between rural and urban Secondary Student-Teachers with regard to usage and over-usage of Internet.

H-3: There will be no significant difference between arts, commerce and Science stream Secondary Student-Teachers with regard to usage and over-usage of Internet.

H-4: There will be no significant difference between joint and nuclear family Secondary Student-Teachers with regard to usage and over-usage of Internet.

Methodology:

The purpose of this study is to know about the Internet overuse among Secondary Students-Teachers and its Effects on Young Generation. Descriptive survey method was used for this research study.

Sampling Procedures:

Purposive sampling was used. The researcher purposively selected 100 Secondary Student-Teachers from Sree Siddaganga College of Education, Tumakuru, Karnataka, India.

Among 100 Secondary Student-Teachers 28 are Male and 72 are Females. 75 Student-Teachers are rural background and 25 Student-Teachers are urban background. 46 Student-Teachers are arts & Commerce background and 54 Student-Teachers are science background. 16 Student-Teachers are from joint family and 84 Student-Teachers are from nuclear family.

Tool used:

The Secondary Student-Teachers Internet overuse Scale was prepared by the researcher. In this scale all the questions are restricted options questions.

Statistical Techniques Used:

The data was collected through a self-constructed 3-point Scale. The questions are related to effect of Internet usage, purpose of internet usage, How many hours they use internet per day, how much time spend internet for educational purpose, how internet usage helpful for their personal growth, how over use of internet effect completion of assignments or important tasks, how internet usage effect their health etc. The classified and tabulated data were subject to statistical analysis using percentage and t- test.

Analysis and Interpretation:

Table-1: Sex, Locality, Subject and Family type-wise distribution of Sample.

SI No.	Variable		No.
1	Sex	Male	28
		Female	72
2	Locality	Rural	75
		Urban	25
3.	Subject	Arts and commerce	46
		Science	54
4.	Family Type	Joint	16
		Nuclear	84
	Total Sample		100

Figure 1: Pie chart showing the health problems faced by student-teachers due to excessive internet usage.
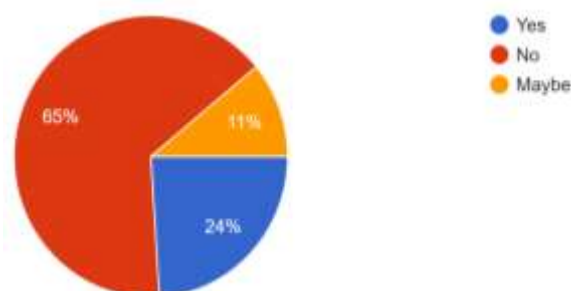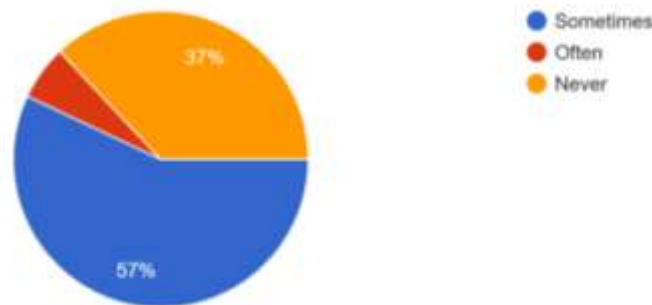

Figure 2: Pie chart showing the purpose for student-teachers use the internet.

Figure 3: Pie chart showing how often student-teachers lose sleep due to being online.

Findings:

- The majority of student- teachers use the internet for 2 to 4 hours daily. 41.4% student- teachers spent five or more hours per day. This indicates Student-teachers internet addiction.
- From the study we can say that 69.7% student-teachers use the internet for educational purpose and a combined 30.3% use it primarily for social media and entertainment.
- According to this survey report only 7.1% student-teachers spend 4+ hours for educational purpose. Majority of student-teachers spend less time to study in online.
- Majority of student- teachers are used the search engines are the main source to know the information while journals are the least.
- Around 82.8% student –teachers agree that internet will support to personal growth.
- From this study 30.3% of student-teachers reported feeling scared or anxious in the absence of the Internet, especially when they are in a state of confusion.
- According to their opinion 46.5% students-teachers are addicted to using the internet for emotional escapes.
- 24.2% Students–teachers reported that they face health problems due to excessive internet use. Happy to say that 64.6% students are not face the any health issues while using the internet.
- According to this survey among these students-teacher 11.1% acknowledge neglecting perform a task while using the internet.
- This study Shows 56.5% Student-Teachers sometimes loss sleep due to being online.

Educational Implications:

- Educational institutions can promote digital wellness program to raise awareness about responsible internet use and encourage students to monitor and balance the screen time.
- Leverage the positive trend by integrating digital tools in academics.
- Encourage students to focus their internet time more on educational content and can be introduced the academic portal are scheduled digital study hours.
- Institutions should provide easier access to academic journals and data bases.
- Encourage students to exploring self-development resources online and also institutions can provide creative content and guidance on personal growth topics.
- In schools and colleges promotes healthy coping strategies like counselling, physical activities are mindfulness, reduce dependency on digital escapism through student support systems.
- Educate students about physical and mental health risk related to screen time. Encourage break, eye

- exercises and offline free creational activities.
- Importance of sleep hygiene encourage digital or no screen zones before bedtime.
- Teacher can teach and guide the students for time management awareness and digital discipline.

Conclusion:

The Internet is a powerful tool that has made it incredibly easy to access all kinds of information and services essential for modern life. While it offers many advantages, it also comes with significant disadvantages. One of its major impacts has been on students. The widespread use of the Internet among children began during the COVID-19 lockdown, when online classes became the primary mode of education. Initially introduced to support learning, the Internet has gradually become an addiction for many. This addiction is not limited to children; it affects people of all ages. Through my survey on Internet addiction among B.Ed. Student-Teachers, I found that even the future educators of our country those who will shape the next generation are deeply immersed in the Internet. They often rely on tools like Google Chrome to search for information. While this is helpful, it also reflects an increasing dependency on digital platforms. Although the Internet can be a means of progress, its excessive use is leading to various health issues and a lack of real-world engagement. This highlights the urgent need for balance and awareness in over use of digital technology. Developing habits such as reading good books, cultivating positive hobbies, and participating in outdoor activities can help create a more balanced lifestyle. By engaging in such activities, future teachers can become well-rounded individuals who contribute positively to society and effectively guide the next generation.

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