



A STUDY ON INFLUENCE OF INTERNET USAGE ON STUDY HABITS OF UNDERGRADUATE STUDENTS OF TRIPURA

Minakshi Datta (Paul)

Research Scholar , Department of Education,
Tripura University (A Central University).



ABSTRACT

It is rightly said by Kent Conrad that "Access to computers and internet has become a basic need for education in our society". Not only through computer, students can access internet through laptop, desktop, tab, smart phones very easily. Internet helps us to connect with each other and think globally. It keeps us updated by providing huge resourceful information. Especially the young generation of today is well acquainted with the use of internet. This study was conducted with the view to find out influence of internet on study habits of Undergraduate students. The sample of this study consisted of 400 Undergraduate students of Tripura. 200 hundred students who use internet among them 100 male and 100 female, 200 hundred students who do not use internet among them 100 male and 100 female. Data was collected through simple random technique and analyzed through mean, SD, and two group 't'-test. No any significant difference was found there in study habits of Undergraduate students using (56.89) and not - using internet (57.8). Hence, it can be said that internet use has no any influence on the study habits of undergraduate students of Tripura.

KEYWORDS: Internet usage, study habit, and undergraduate students.

1. INTRODUCTION

A world wide system of computer networks which gives us varieties and huge amount of information that allow and helps us to interconnect with each other globally is called internet. Its uses in the modern world are uncountable. Almost In every field of human life it gives its valuable services. In the academic, administrative, entertainment, shopping, in communicating with others etc. areas. No one can ignore its facilities now a day. It has given opportunity to the common people as well as to the students to think regarding any issue differently and to put their valuable suggestions accordingly. Very easily we can exchange our ideas, views or observations within a moment at global level. It requires only some clicks to work properly. Anyone can access it from his/her area of interest. Internet is entering in our lives in such a manner that the generation of today can't imagine a life without internet. Among the different priceless services if we take only the academic part we can notice it easily that from the admission to certain course to evaluation it helps differently, e.g. in form fill – up, to get scholarship, to search course curriculum related material, to submit assignments even it helps to give exam in some online courses. School, colleges, universities, and other different offices are now running smoothly with the help of computer and internet. It helps in our cognitive development by providing opportunities to enhance our knowledge and academic performance. 'Children who used the internet had higher grade point average' (Jekson, Voneye, Biocca, Barbutsis, Zhao and Fitzgerald, 2006). It also helps us by saving our time and energy because it completes an activity within a minute which requires an hour manually. Students of today do not need to move from here to there to fulfill their purposes. It provides opportunity to them to study different materials by sitting in their own room. Moreover, the students can access latest information regarding a topic from the internet

through different educational sites, social media like- facebook, Whatsapp, Messenger, Twitter etc. It enhance their study habits and good study habits leads better academic achievement such as - Amin, Mansoor, Hussain, and Hashmat, (2016) found that 'The social media capture the attention of the students for study and affecting positively their academic grade points'.

However, scholastic achievement of any student depends on several factors. Study habits is one of these factors. It plays a very important or vital role in educational forwardness and backwardness. Good study habits of an individual always leads a good academic achievement. It consists of proper budgeting of time, physical condition, reading ability, note taking, memory, taking examination etc. Students may not bother for writing and note taking while reading and note taking habitss has a significant positive relationship with academic achievement of Undergraduate students as reported by (Oluwatimilehin and Owoyele, 2012). For an effective academic achievement proper planning of study time is also very essential. It helps an individual to know his capabilities and to keep record of the activities throughout the day, week, and month. Through budgeting time one can measure his/her learning outcomes. Proper budgeting of time leads a better study habits which is a pre indicator to gain better academic achievement.

It is rightly said that a sound mind lies in a sound body and these two are equally responsible for our studies. Our mental state and our physical condition both play a significant role in our studies. When we will be fit physically then only we can study properly. On the other hand our reading ability, manner of note taking, memory all of these components of study habitss are more or less affected by our internet use. The over use of internet reduce the time for study. Its different entertaining sites keep busy the young generation in using it. The students are all time busy in surfing internet for chatting, listening music, shopping, watching movies, online games etc. Sometimes it happens that by sitting on the study table also they access internet and starts to chat with their friends and gradually it kills their time for study. As Kaur and Pathania (2015) found that 'The students excessive involvement in the social Media, online gaming, watching videos, listening and downloading music can reduce their available time for study, drilling, task – orientation and sets. But a good study habits is very important pre requisition for better academic success. It has positive impact on the academic achievement of the students (Ergane, 2011; Premalaxmi, 2012; Mashayekhi, Rafati, Mohamadisdoo, and Yahagi, 2014; Khurashid, Tanveer and Qusmi, 2012). The high achievers have better study habitss as compared to low achievers (Aquino, 2011). Hence, this study was conducted to find out influence of internet on study habitss of Undergraduate students of Tripura.

2. SIGNIFICANCE OF THE STUDY:

As we know that undergraduate education is the post Undergraduate and previous to post graduate education. By just completing the teen age and crossing the boundary of school students come into the undergraduate level. It brings a lot of change among the students in their life style, behavior, attitude and habitss. When they come to this level they want more freedom, like to collect friends, spend time with them and now a day in addition with these habitss they like to use internet for different purposes. No doubt they need it for academic purpose but they demand and use smart phones, laptop, computer and internet for non academic purpose also. If any student use internet for academic purpose it surely increases the achievements but when it used only for entertainment, chatting and gossiping it acts negatively towards the path of success.

Our education system has changed now according to the demand of the situation. Now the continuous and comprehensive evaluation comes into existence. Under this students have to submit projects, assignments, home work time to time as a part of their internal assessment along with term and examinations. Internet help students to search qualitative materials related to their prescribed assignments, projects and home works which leads a better academic achievement. Jekson, Voneye, Biocca, Barbutsis, Zhao and Fitzgerald (2006) found that children who use the internet had higher grade point average then those who used it less. Similarly, Tsikalas, Lee, Newkirk (2007) also reported that students actively and regularly used their home computers and internet for learning, was found associated with increased success in schools. Tella (2007) also supported through research that internet contributes significantly to academic

performance of students. Some other studies are also there, which shows significant positive influence of internet to academic achievement. (Rahmi and Othman 2012; Goyal, Purohit and Bhaga 2011; Hyland, Layte, Lyons, McCoy and Sillies 2014; Ogedebe 2012; Otunla, 2013; Ainin, Naqshbandi, Moghavvemi, and Jaafar, 2015). It means when the student include internet use positively in their study habits it works effectively and enhance academic achievement.

But the problem is that it's over and negative uses works so adversely towards the study habits of students. Over use of internet hampers the time for study, memory of students, creates physical health problems, destruct reading ability, note taking etc. The findings of research as reported by Ndaku (2013) also indicates that 'due to greater amount of time spent on social networking activities, the academic performance of student suffer setbacks which lead to a poor performance in the students' academics'. Social media also acts as hindrance towards student academic achievement. It involves the students in chatting, gossiping, searching status of friends, in giving posts an all. The time of study and the overall study habits affects very badly by the over use of internet and social media. Mingle and Adams (2015) reported that 'Social media addiction may affect negatively on academic achievements of students as poor grammar, spelling mistakes, late submission of assignment and lost time for study. All of these aspects of study habits when used effectively and positively by the students then it bring better academic performance. Due to the over use of internet if the students miss their notes, loss their reading time and ability, feel health problems then it means it is hampering the overall study habits of students where we all are well acquainted with the concept that for a better academic achievement a better study is very important.

In this contradictory situation where internet has its both positive and negative impacts on studies and academic performance of students it's very important to find out whether it influences the study habits of undergraduate students of Tripura or not. The findings of this study would help the parents, teachers, administrators to know about the influence of internet on their children studying in Undergraduate level. Therefore, this study is very much important for Undergraduate education.

3. RESEARCH QUESTIONS:

With reference to rationale of this research, the researcher has tried to find out the answer of specific research questions through this research.

Whether internet usage influence study habits of Undergraduate students?

Who are comparatively more influenced on the basis of gender?

4. Statement Of The Problem:

A Study on Influence of Internet Usage on Study Habits of Undergraduate Students of Tripura.

5. OPERATIONAL DEFINITION OF TERM USED:

The main operational terms of the study are:

1.0 **Students:** Students studying at Undergraduate level in different Degree Colleges of Tripura

2.0 **Study Habits:** Study habits refers to budgeting time, physical conditions for study, reading ability, note taking, learning motivation, memory, taking examination and health of undergraduate students.

6. OBJECTIVES OF THE STUDY:

6.1. To find out the influence of internet on study habits of Undergraduate students using and not-using internet.

6.2. To find out the influence of internet on study habits of Undergraduate male students using and not using internet.

6.3. To find out the influence of internet on study habits of Undergraduate female students using and not using internet.

6.4. To find out the influence of internet on study habits of Undergraduate male and female students using internet.

7. HYPOTHESIS OF THE STUDY:

Ho₁. There is no significant difference between study habits of Undergraduate students using and not-using internet.

Ho₂. There is no significant difference between study habits of Undergraduate male students using and not-using internet.

Ho₃. There is no significant difference between study habits of Undergraduate female students using and not-using internet.

Ho₄. There is no significant difference between study habits of Undergraduate male and female students using internet

8. VARIABLES OF THE STUDY:

There are three variables in this study –

- i. Internet Usage.
- ii. Study Habits.

9. DELIMITATION OF THE STUDY:

This study is confined to the Undergraduate students of Tripura reading in different general degree colleges.

10. RESEARCH METHODOLOGY:

Descriptive research method was applied to find out the problem. Undergraduate students of different general degree colleges of Tripura are the population of this study. 400 Undergraduate students were selected by simple random sampling techniques as sample which included 200 students using internet and 200 students not using internet. Among them from the users 100 male and 100 female and from the non-users 100 male and 100 female students were selected.

11. ANALYSIS AND INTERPRETATION OF STUDY HABITS

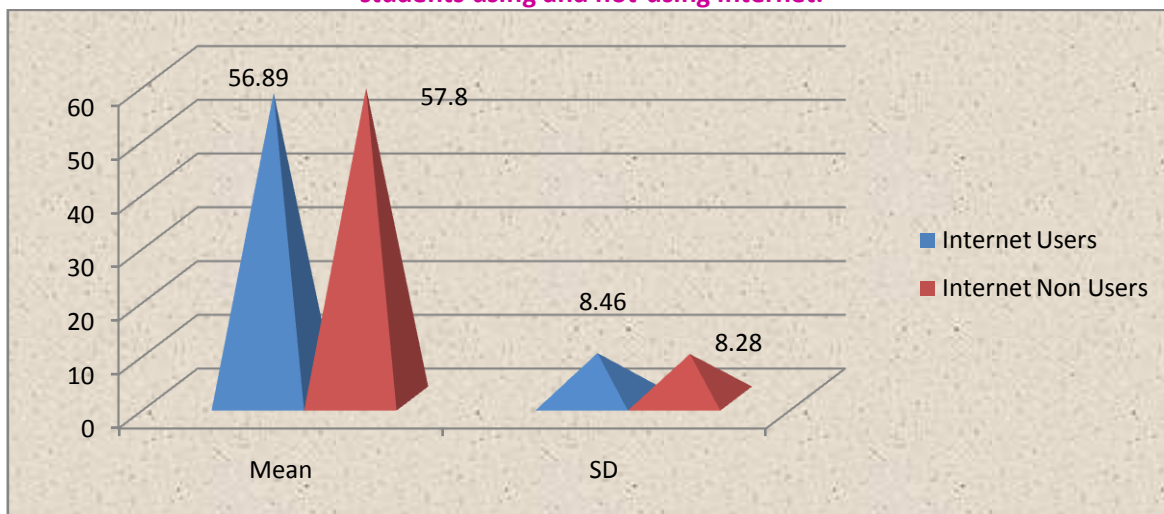
Objective No.1. To find out the influence of internet on study habits of Undergraduate students using and not-using internet.

Table1. Showing the mean, standard deviation, and t-value of study habits of Undergraduate students using and not-using internet.

Further, in order to find out significant difference in study habits of Undergraduate students using and not-using internet. Mean, standard deviation, and two groups t-test were calculated. Obtained results are presented in the table 1.

Groups	N	Mean	S.D	df	t-value
Students using internet	200	56.89	8.46	398	1.09
Students not using internet	200	57.8	8.28		

Figure 1. Showing the mean and SD values of study habits of Undergraduate students using and not-using internet.



With reference to study habits of Undergraduate students using and not using internet, it appears from the table no 1 and figure 1 that mean and SD values of study habits of Undergraduate students using and not using internet are (56.89, 57.8) and (8.46, 8.28) respectively. The mean value (57.8) of study habits of students not using internet is slightly higher but not significantly higher than the mean value (56.89) of study habits of students using internet for df 398 at 0.01 level of significance. So the null hypothesis "There is no significant difference between study habits of Undergraduate students using and not using internet" is accepted. Hence, it can be concluded that both students using and not using internet are statistically same in their study habits.

Objective No.2. To find out the influence of internet on study habits of Undergraduate male students using and not using internet.

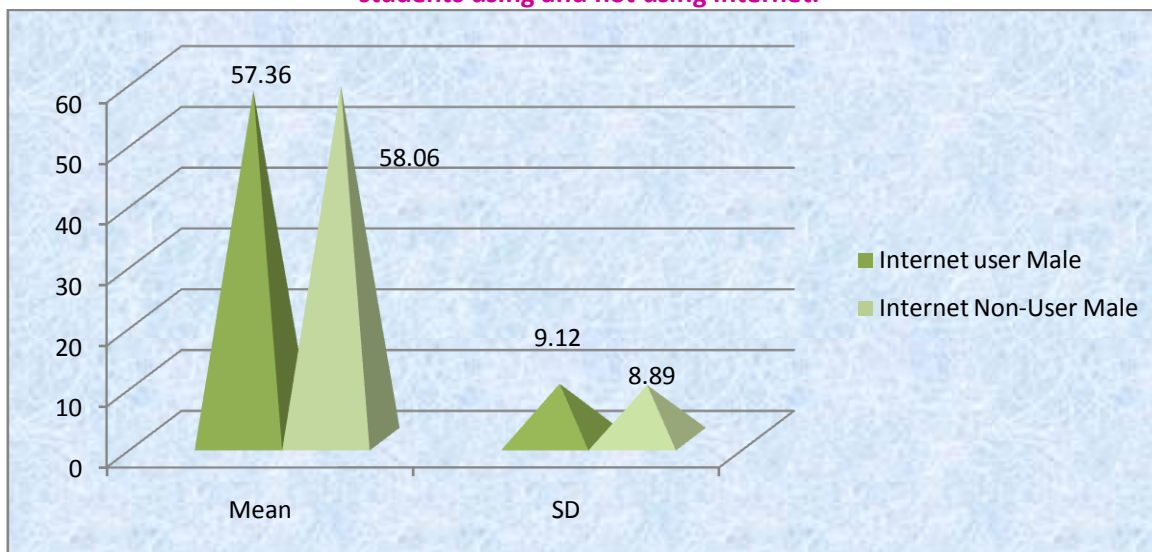
Further, in order to find out significant difference in study habits of Undergraduate male students using and not using internet. Mean, standard deviation, and two groups t-test were calculated. Obtained results are shown in the table 2.

Table 2. Showing the mean, standard deviation and t-value of study habits of Undergraduate male students using and not using internet.

Further, in order to find out significant difference in study habits of Undergraduate male students using and not-using internet. Mean, standard deviation, and two groups t-test were calculated. Obtained results are presented in the table 2.

Groups	N	Mean	S.D	df	t-value
Male students using internet	100	57.36	9.12	198	0.55
Male students not using internet	100	58.06	8.89		

Figure 2. Showing the mean and SD values of study habits of Undergraduate male students using and not using internet.



With reference to find out study habits of Undergraduate male students using and not-using internet, it reflects from the data analysis of table 2 and figure 2, that mean and SD values of study habits of Undergraduate male students using and not using internet are (57.36,58.06) and (9.12, 8.89) respectively. The mean value (58.06) of study habits of male students not using internet is slightly higher but not significantly higher than the mean value (57.36) of study habits of male students using internet for df_{198} . So the null hypothesis "There is no significant difference between study habits of Undergraduate male students using and not using internet" is accepted. Hence, it can be concluded that both the male students using internet and not using internet are statistically same in their study habits. It means that internet use do not influence in study habits.

Objective No.3. To find out the influence of internet on study habits of Undergraduate female students using and not using internet.

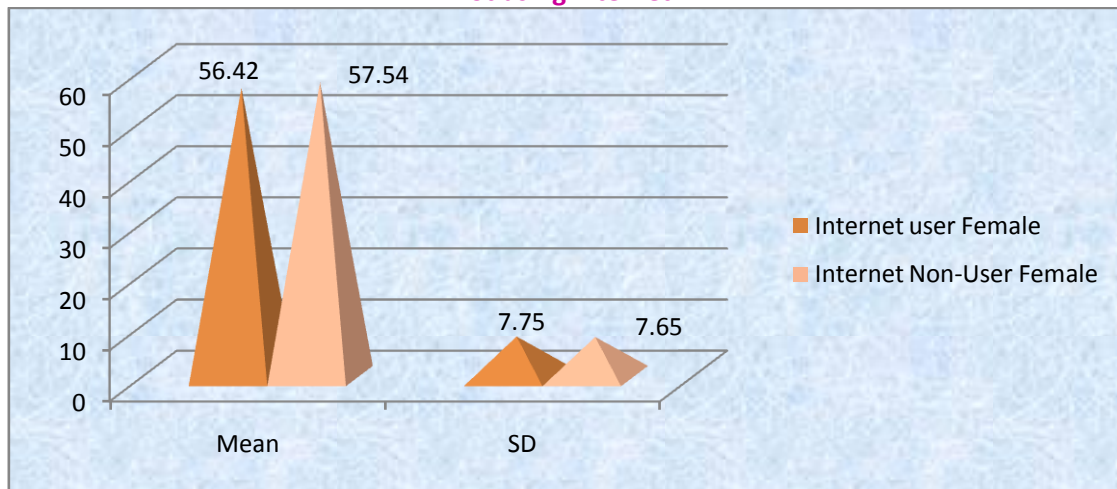
Further, in order to find out significant difference in study habits of Undergraduate female students using and not using internet. Mean, standard deviation, and two groups t-test were calculated. Obtained results are shown in the table 3.

Table 3. Showing the mean, standard deviation and t-value of study habits of Undergraduate female students using and not using internet.

Further, in order to find out significant difference in study habits of Undergraduate Female students using and not using internet. Mean, standard deviation and two group t-test were calculated. Obtained results are shown in the table 3.

Group	N	Mean	S.D	df	t-value
Female students using internet	100	56.42	7.75	198	0.81
Female students not using internet	100	57.54	7.65		

Figure 3. Showing the mean and SD values of study habits of Undergraduate female students using and not using internet.



With reference to study habits of Undergraduate female students using and not using internet, it appears from table 3 and figure 3, that mean and SD values of study habits of Undergraduate Female students using and not using internet are (56.42,57.54) and (7.75, 7.65) respectively. The mean value (57.54) of study habits of female students using internet is slightly higher but not significantly higher than the mean value (56.42) of study habits of female students not using internet for df_{198} . So the null hypothesis "There is no significant difference between study habits of Undergraduate female students using and not using internet" is accepted. Hence, it can be concluded that both the female students using and not using internet are statistically same in their study habits. Internet use does not influence study habits of female undergraduate students using and not – using internet.

Objective: 4.To find out the influence of internet on study habits of Undergraduate male and female students using internet.

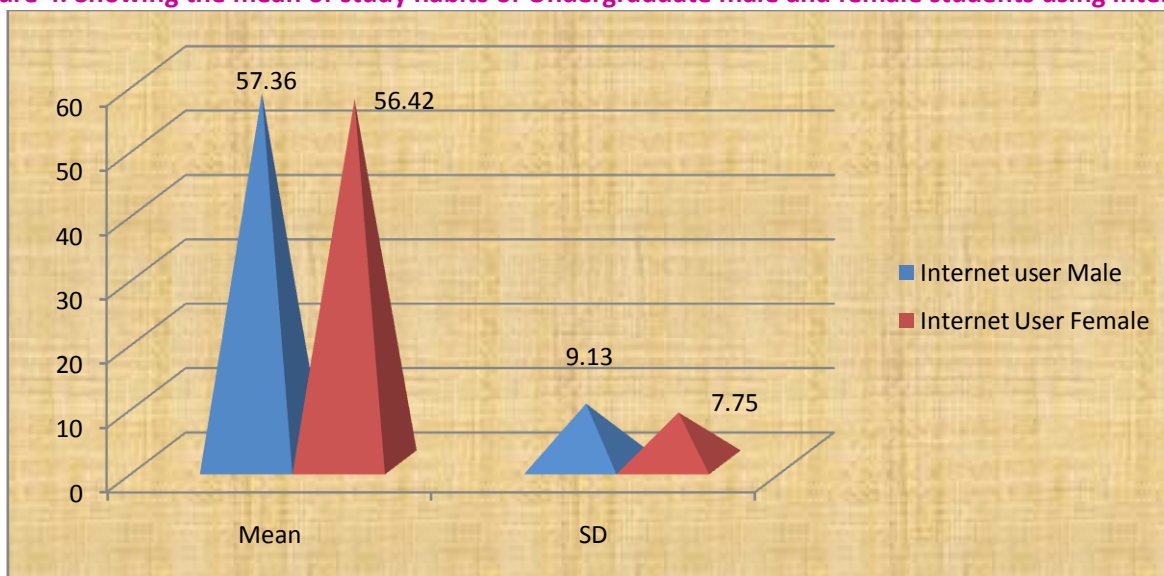
Further, in order to find out significant difference in study habits of Undergraduate male and female students using internet. Mean, standard deviation, and two groups t-test were calculated. Obtained results are presented in the table 4

Table 4. Showing the mean, Standard deviation and t-value of study habits of Undergraduate male and female students using internet.

Further, in order to find out significant difference in study habits of Undergraduate male and female students using internet. Mean, standard deviation, and two group t-tests were calculated. Obtained results are presented in the table 4.

Groups	N	Mean	S.D	df	t-value
Male students using internet	100	57.36	9.13	198	0.79
Female students using internet	100	56.42	7.75		

Figure 4. Showing the mean of study habits of Undergraduate male and female students using internet:



With reference to the study habits of Undergraduate male and female students using internet, it shows from table 4 and figure 4, that mean and SD values of study habits of Undergraduate male and female students using internet are (57.36, 56.42) and (9.13, 7.75) respectively. The mean value (57.36) of study habits of male students using internet is insignificant than the mean value (56.42) of study habits of female students using internet for df_{198} . Gender difference with reference to internet use do not influence study habits for two tailed test at 0.01 level of significance. So the null hypothesis "There is no significant difference between study habits of Undergraduate male and female students using internet" is accepted. Hence, it can be concluded that both the male and female students using internet are statistically same in their study habits.

12. FINDINGS:

Objective 1. To find out the influence of internet on study habits of Undergraduate students using and not-using internet.

With reference to influence of internet on the study habits of Undergraduate students using and not using internet, it was found that, study habits of students not using internet were found higher (57.8) but not significantly than students using internet (56.89). Hence, it can be said that internet use dose not influence the study habits of undergraduate students.

Objective 2. To find out the influence of internet on study habits of Undergraduate male students using and not using internet.

Both groups were found statistically same because male students not using internet (58.06) were not significantly higher than male students using internet (57.36).

Objective 3. To find out the influence of internet on study habits of Undergraduate female students using and not using internet.

With regard to influence of internet on study habits of female Undergraduate students using and not using internet, it was found that both groups were found statistically same in their study habits as female students not using internet (57.54) were not found significantly higher than female students using internet (56.42).

Objective 4. To find out the influence of internet on study habits of Undergraduate male and female students using internet.

As regard to influence of internet on study habits of Undergraduate male and female students using internet (between gender), it was found that, internet was not found to be significantly related with study habits as regard to gender because male students using internet (57.36) was not found significantly higher than female students using internet (56.42).

13. DISCUSSION AND SUGGESTIONS:

From the analysis of various objectives and testing of different hypotheses on study habits, it was noticed that internet usage does not influence study habits of Undergraduate students because there was no significant difference found between study habits of students using and not using internet along with to gender. But study habits of students not using internet was found slightly higher than who surf internet, though insignificantly yet it is a matter of concern because, if gradually the students increases its usage in non academic areas then it may hamper their study habits. Many studies supported that good study habits are significant predictor of high academic achievement (Premalakshmi, 2012 ; Aquino, 2011 ; Ifeanyi, Edem, Babatunde and Olanrewaja, 2014 ; Chitkara, Singhal and Aggarwal, 2014 ; Khurashid, Tanveer and Qusmi, 2012). Hence in order to find out answer of research question, whether internet usage influence study habits of Undergraduate students? It was found that over all internet usage do not influence study habits.

Suggestions on the basis of overall observation and Findings:

The parents have the major responsibility to take care of their children. The following suggestions are for parents:

- ❖ They should monitor the activities of their child's online.
- ❖ They should advice their child to study properly by maintaing a time table.
- ❖ They should control the time spent on internet by their child's.
- ❖ They should tell their children to use it in open places.
- ❖ They should encourage them to search and find out the educational and carrier related information.

The following suggestions are for the teachers:

- ❖ They should guide the students about the useful websites and share their valuable ideas through internet with the students.
- ❖ They should inform the students about the bad effects of internet.
- ❖ Awareness campaign, instructional design, and counseling program for the students regarding usage can be organize by teachers.
- ❖ They should organize outdoor games as a part of co-curricular activities for the students and inspired them to take participation in it through which the students who use internet over they can also involve in it.
- ❖ The teachers should provide the proper knowledge the students about the actual utilization of internet in this 21st century.
- ❖ In the curriculum very relevant contents and issues should include in which internet will help the students to complete their task by their own self.
- ❖ If the teacher find out any student who is over using internet and it affects his/her studies badly than the teacher should take remedial measures if necessary to inform the parents of that student.

Internet usage can be beneficial for the students when they will use it for some constructive work rather than just passing time or making fun. As the internet use is very common at this level. Librarians, Administrators, and Policy planners, in our country have the major responsibility to introduce the students with new possibilities. In this context some of the suggestions for the Librarians, Administrators, and Policy Planners:

- ❖ The librarians of all schools should have the proper knowledge of internet usage which will help in giving orientation to the students.

- ❖ They should keep the students in their observations in the library during surfing internet by the students.
- ❖ The administrators can form a committee for controlling the activities done by the student through internet.
- ❖ They can keep the record of the purposes of surfing internet by the students.

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Minakshi Datta (Paul)

Research Scholar , Department of Education, Tripura University (A Central University).

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