



A STUDY ON INTERNET USAGE AND ITS IMPACT ON ACADEMIC ACHIEVEMENT AND STUDENT LIFE STYLE

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Abstract

The exponential growth of internet technology has revolutionized the educational environment and significantly altered student lifestyles. While the internet offers vast opportunities for learning, communication, and access to information, its excessive use has raised concerns regarding academic performance and overall well-being. This study examines patterns of internet usage among university students and evaluates its impact on academic achievement and lifestyle. A quantitative research design was adopted, with data collected from 250 university students using structured questionnaires and Likert-scale measures. The findings indicate that moderate and academic-oriented internet usage enhances academic performance, whereas excessive and non-academic usage negatively affects academic outcomes and leads to unhealthy lifestyle behaviors such as sleep deprivation, reduced physical activity, and increased social isolation. The study concludes that balanced internet usage is essential for achieving optimal academic performance and maintaining a healthy lifestyle.

Keywords: Internet, Academic, Lifestyle, Digital, Internet

1. Introduction

The internet has become an indispensable component of modern education and daily life. In the context of higher education, it serves as a critical tool for accessing academic resources, conducting research, participating in online learning, and communicating with peers and instructors. The integration of digital technology into education has significantly enhanced the learning process, making it more flexible, interactive, and accessible.

However, the increasing reliance on the internet has also led to concerns regarding its potential negative effects. Students today spend a substantial amount of time online, not only for academic purposes but also for social networking, entertainment, gaming, and streaming. This dual nature of internet usage raises important questions about its impact on academic performance and lifestyle.

Academic achievement is influenced by several factors, including study habits, time management, motivation, and concentration. Excessive internet usage can disrupt these factors by diverting attention, increasing procrastination, and reducing study time. Moreover, prolonged internet use can lead to lifestyle changes such as irregular sleep patterns, physical inactivity, and decreased face-to-face social interaction.

The concept of internet dependency or addiction has gained increasing attention in recent years. It refers to excessive or compulsive use of the internet that interferes with daily life activities. Among university students, internet dependency is particularly prevalent due to easy access to digital devices and high engagement with online platforms.

This study aims to investigate the relationship between internet usage, academic achievement, and student lifestyle, providing a comprehensive understanding of how digital behavior influences educational outcomes and overall well-being.

Objectives of the Study

1. To analyze the patterns of internet usage among university students.
2. To examine the relationship between internet usage and academic achievement.
3. To assess the impact of internet usage on student lifestyle.



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4. To identify behavioral factors associated with excessive internet use.
5. To suggest strategies for effective and balanced internet usage.

2. Impact on Academic Achievement

The analysis shows a mixed relationship between internet usage and academic performance.

- Students who use the internet for academic purposes demonstrate better performance.
- Excessive use for entertainment leads to lower grades.
- High internet dependency is associated with reduced concentration and study time.

Correlation analysis indicates a negative relationship between excessive internet usage and academic achievement.

3. Impact on Student Lifestyle

Internet usage has a significant impact on lifestyle factors:

- **Sleep Patterns:** Students who use the internet late at night experience sleep deprivation.
- **Physical Activity:** Increased screen time leads to reduced physical exercise.
- **Social Interaction:** Preference for virtual communication reduces face-to-face interactions.
- **Mental Health:** Excessive use contributes to stress, anxiety, and fatigue.

4. Behavioural Factors

The study identifies several behavioural factors linked to excessive internet usage:

- Poor time management
- Procrastination
- Reduced attention span
- Digital dependency

These factors negatively influence both academic performance and lifestyle.

Findings

1. Internet usage is widespread among university students.
2. Moderate academic use positively affects academic achievement.
3. Excessive non-academic use negatively impacts academic performance.
4. Internet usage significantly affects student lifestyle.
5. Behavioural factors mediate the relationship between internet usage and outcomes.

6. Discussion & Result

The findings support the dual nature of internet usage. While it enhances access to knowledge and learning opportunities, excessive use leads to negative academic and lifestyle outcomes.

The study highlights the importance of balanced internet usage. Students who effectively manage their time and prioritize academic activities benefit from improved performance, whereas those who engage in excessive recreational use experience negative consequences.

The results also emphasize the interconnected relationship between lifestyle and academic performance. Poor lifestyle habits resulting from excessive internet usage can further exacerbate academic challenges.



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The evidence indicates that internet use is neither wholly beneficial nor harmful to students; its effect depends on how, why, and when it is used. Three factors appear decisive: purpose, duration, and timing.

Purpose. Students who use the internet mainly for research, e-learning, and assignment preparation tend to show stronger academic performance, as they gain access to diverse resources, recorded lectures, and collaborative tools. In contrast, predominantly recreational use, such as social networking, streaming, and gaming, is associated with lower grades because it displaces study time and fragments attention.

Duration. Moderate use appears to support learning and social connectedness, whereas excessive use shows a negative association with academic outcomes, physical activity, and face-to-face interaction. This suggests a curvilinear relationship rather than a simple linear one.

Timing. Late-night use disrupts sleep, which weakens concentration, memory consolidation, and next-day class performance.

Self-regulation also plays a central role. Students with strong self-control and time-management skills are better able to turn the internet into an academic advantage, while those with weaker self-regulation are more vulnerable to distraction, procrastination, and unhealthy routines. These findings imply that restricting access is less effective than building digital literacy and self-discipline. Institutions should therefore focus on guiding students toward purposeful, balanced use rather than discouraging internet use altogether.

7. Scope for Future Research

- Comparative studies across regions
- Gender-based analysis
- Longitudinal studies on behavioral changes
- Impact of specific digital platforms

8. Conclusion

This study examined how internet usage affects students' academic achievement and lifestyle. The findings show that the internet is a double-edged tool: its impact depends largely on how, why, and how much it is used.

On the academic side, purposeful internet use supports learning. Students who use online resources, e-books, educational videos, and digital libraries tend to access information faster, understand concepts better, and perform more strongly in their studies. Online platforms also make collaboration, research, and self-paced learning easier. However, excessive or unfocused use, especially for social media, gaming, and entertainment, was associated with reduced concentration, procrastination, and lower academic performance.

In terms of lifestyle, heavy internet use was linked to irregular sleep patterns, reduced physical activity, less face-to-face interaction, and increased stress or screen fatigue. At the same time, moderate and well-managed use helped students stay connected, develop digital skills, and access useful information on health, careers, and personal growth.

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INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY EDUCATIONAL RESEARCH
ISSN:2277-7881(Print); IMPACT FACTOR :10.16(2026); IC VALUE:5.16; ISI VALUE:2.286
Peer-Peer Reviewed, Refereed & Open Access International Journal - As per UGC Norms
(Fulfilled Suggests Parameters of UGC by IJMER)
Volume:15, Issue:10(1), October 2026
Scopus Review ID: A2B96D3ACF3FEA2A
Article Received: Reviewed: Accepted
Publisher: Sucharitha Publication, India
Online Copy of Article Publication Available: www.ijmer.in

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