

# ACHIEVEMENT AND UNFULFILLMENT ON INTERNET USE: A STUDY ON THE STUDENTS OF PRIVATE UNIVERSITIES OF BANGLADESH

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## ABSTRACT

This study is an exploratory investigation into the effects of internet use on social, intellectual, and personal lives of the students of private universities in Bangladesh. In this study, both quantitative and qualitative methodologies were employed. A total of 160 samples were purposively selected for collecting quantitative data. The respondents were entreated about the purpose of using internet through a questionnaire comprised of structured and semi-structured questions. The data was collected from the selected people use the internet to some extent. The result is showing that 29.4% of respondents use the internet to browse social networking sites, while 21.3% of respondents just use it for pleasure. About 41.9% of respondents use the internet for academic purposes. The results are also showing that majority of the respondents use the internet for 4 to 6 hours per day. A significant portion of the respondents mentioned that use of internet have been helping them to improve quality of life and academic attainment. On the other hand, results have shown that internet addiction has a detrimental effect on students' social lives and academic performance. Thus the study has taken up for putting suggestion about various effects on internet use by the students of private universities.

**Key Words:** Social networking sites; Quality of life; Academic achievement.

## 1. INTRODUCTION

One of the most significant recent developments in information technology is the internet, which has been helping the progress of turning the globe into a global village. Nowadays it cannot imagine our lives without the internet. Our daily lives now include a significant amount of online activity.

During last ten years, the growth of the Internet has changed the way of young people when think and feel in a big way. It has also made it easier for them to share their own ideas, beliefs, feelings, unique information, images, and videos at a high rate. It is a universal truth that a student's use of the internet has a big effect on his or her grades and social life (Asdaque, Khan, & Rizvi, 2010). Research has shown that too much time spent on the internet is a bad practices for one's physical health, family life, and academic success, even though the internet can help with academic success (Akhter, 2013).

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Along with the internet's huge rise in popularity, there has been a rise in worries about the risks of using too much internet services (Buchholz, 2009).

Since students have only recently been able to look for and get scholarly literature on the internet, not much is known about how well they use this tool. Students no longer look for information as they work on their thesis (Tenopir et al., 2003).

One of the most important things that affects college students' grades and social lives is how much they use the Internet (Asdaque, Khan, and Rizvi, 2010). Whether students use the internet for social or academic reasons will affect how many hours they spend online and how their grades turn out. A survey found that college students spend between 3 and 2 hours every day on Facebook (Knibbe & Luchies, 2013). 73% of American teens and young adults who are online now use social media sites. (Oberst, 2010) and (Martin & Yeung, 2006) both say the same thing about social media (Lusk, 2010). They define social media as the practice of connecting with huge numbers of people online and sharing intimate moments with them via websites like Facebook, Twitter, Blogs, MySpace, and LinkedIn. Research shows that when people spend more time on online activities, they spend less time with each other in person. This could lead to social isolation and depression (Mythily, Qiu, & Winslow, 2008). A study found that the amount of time spent on online social networking is linked to depression. The researchers found that when people used social networks more, their depression scores also went up (Balouch, et al., 2019).

At presented complicated world, everyone needs to connect with more people to stay up to date on all parts of life and trends. In general, college and university students use the internet for many things, such as schoolwork, socializing, and having fun. In a nutshell, they use the internet in many parts of their daily lives. Because of this, their behavior is changing quickly. The use of this technology not only changes culture but also their social and economic lives. Accordingly, the objectives of this study has been identified to explore how accessing the internet affects the students of private universities of Bangladesh.

The study specifically seeks to provide answers to queries about the duration of time spends using internet, the purpose of students to use it and also the advantages and disadvantages of using internet among the students of selected private universities. Existing studies and also a survey of the respondent students will be examined to achieve this goal. About one hundred sixty (160) students who use the internet frequently will be entreated to complete analysis of the study.

## 2. LITERATURE REVIEW

Researchers have done a number of studies to assess the benefits and drawbacks of internet use among students. According to Jacobsen & Forste (2011), Kist (2008), and MehMood & Taswir (2013), students' use of the Internet can have a beneficial or bad impact on their academic performance. Many parents and guardians are concerned that students today spending quite so much time on social media sites, specifically Facebook, which translates to poor quality study time.

Asdaque et al. (2010) say that the growth of the internet has had the most positive effect on the academic and social lives of students. They said that the internet is a good way to make people feel like they belong in the modern world. The internet has a big effect on students' personal, academic, and social lives. This is a well-known fact. They found that students' use of the internet affects both their social lives and how well they do in there. Most of the time spent online has an effect on how well students do in university. In this study, CGPA is used to measure how well students did in university. This study looked at whether a student's CGPA would be higher or lower if they spent more time studying or on social media.

College students probably have spent less time with peers when they use the internet too much. According to Jacksom, Eye, and Biocca (2003), revealed that children spend about 30 minutes online. Even more surprising is that they don't use the internet to talk to each other. In their research, they mostly found two types of social outcomes. First foremost, students use the internet to communicate better with people who live far away. On the other hand, this kind of virtual contact makes it harder to talk to family and friends in person. They also said that students with good CGPAs are those who use the Internet.

Ivwighreghweta and Igere's (2014) study showed that most students have access to the internet and know how to use it well. According to the study, most students use the Internet for school-related things like finding things to read, preparing for tests, and doing research. According to the authors, people now think that the Internet is a better way to learn than traditional libraries, both in terms of importance and effectiveness. This study also found that students have trouble using the internet because of things like slow broadband speeds, power outages, and too much information.

Emeka and Nyeche (2016), did a study to find out what happened when undergraduate students at the University of Abuja, Nigeria, used the Internet. A questionnaire was used to find out about the way data was collected. It was clear that the Internet's growth had a big effect on children and young adults. Students

can improve their productivity and skills by using the Internet well, which will help them in both school and the workplace.

A study done at Kogi State University found that when students use the internet too much, it affects how well they do in school. When students spend more time on social media, they do worse in school. Most of the time, this is because students spend their time on social media talking to people and making friends instead of reading books, which is bad for their grades. Sushma (2014) says that students who spend a lot of time on the Internet start to depend on it.

Talooki, Atae, Gorji, and Aghaei (2017), found that students' behavior may change if they use the internet. Using the internet has a big effect on all parts of a person's life, not just their behavior. This includes their personal, social, political, economic, and academic lives. Students can talk to each other, find resources for their studies, understand cultural events, and more with the help of this complicated technology. But students' lives have been hurt by using the internet too much. Excessive internet use can lead to a waste of time, depression, loneliness, unemployment, the loss of social connections, and even physical problems. It has been shown many times that the internet gets students' attention and diverts it to things that aren't educational or right (Kuppuswamy & Narayan, 2010).

Saha and Guha (2019) found that the Internet has become a very popular way for young people to talk to each other. Most students can use their cell phones to get on the internet. At least an hour of each day is spent chatting online by students. Students' social lives are affected both for the better and for the worse by using the internet and social media. People get their news and talk to each other through the Internet. When students use the internet too much, they sometimes waste time and feel sad. This study found that using the internet and social media makes people healthier and helps them learn better.

### **3. OBJECTIVES OF THE STUDY**

The study's primary goal was to learn the performance and drawbacks of using internet among the students of private universities of Bangladesh. The specific objectives of the study were as follows:

- i. To ascertain the average time spending on internet by students.
- ii. To determine why students use social media.
- iii. To examine the benefits and drawbacks of students' internet usages.

## 4. RESEARCH DESIGN

### 4.1 Data

This study chooses to use a quantitative approach. Data was collected through administering questionnaires to the prospective respondents. The most efficient way to collect primary data for the study based on exploration, observation, and online survey (Bakar, 2001). In this study, data are gathered once from a population using a survey method that employs random sampling procedures. This study specifically aims to investigate the benefits and downsides of internet use among Bangladeshi students attending private universities. Prime University, Bangladesh University of Business and Technology, Northern University of Bangladesh and Green University of Bangladesh were chosen for this purpose. The data were collected for the period of 2021-22.

In order to measure the factors imparting students' internet usage, this research created a set of relevant and reliable instruments. The development of items began with a theory development and literature review.

The questionnaires are divided into two sections: section A contains demographic information, and section B comprises questions specifically designed to answer the inquiry's objectives.

A five-point Likert scale was used to assess the responses to the questions, with 1 denoting "strongly disagree," 2 "disagree," 3 "neutral," 4 "agree," and 5 denoting "strongly agree." A questionnaire was used to interview the students. All of the information gathered through the questionnaire was validated. Out of 200 responders in this process, the questionnaire determined that 160 students' answers to the questions were accurate.

### 4.2 METHODS OF ANALYSIS

The researcher edited the data every day to make sure that the responses were accurate and logically consistent. After editing was finished, quantitative methods were used to analyze the data. The descriptive statistics are obtained using SPSS (Statistical Package for Social Science) in order to examine result. The frequency distribution and percentage used to calculate the percentage of respondents who selected each response were used to summarize the results. To make the analysis simple to understand, tables and charts were used.

## 5. RESULTS AND DISCUSSION

200 students were asked to take part in this study, but only 160 participated in answering questionnaires. The highest number of respondents were studying in

3rd year (25.0%), and the second highest were studying (23.1%) in 1st year, the third highest number (19.4%) were the students of 2nd year and rest were studying (21.9%) in 4th year in Undergraduate Program. It is mentioned that about (10.6%) respondents were found the students of Graduate Program.

Previous studies have shown that those who use the internet for 16 hours or more per day are considered heavily addicted, those who use it for 3 to 15 hours per day are considered moderately addicted, and those who use it for less than three hours are considered lightly addicted (Webroot, 2020). Internet addiction has been linked to indices of social isolation and dimensionally evaluated depression (Shaw, 2008). **Table-1** revealed the results of participants were asked how often they used the Internet, 60 of the respondents (37.5%) indicated that they spent 4 hours to 6 hours, 34 respondents (21.3%) spent 2 hours to 4 hours, 32 respondents (20%) spent more than 8 hours, 28 respondents (17.5%) indicated that they spent 6 hours to 8 hours and the last group comprised of 6 respondents (3.8%) said that they spent between 30 minutes to 1 hour in a day. This study confirms Choney, (2010) continues that because social media sites are becoming more popular, economists and professors are worried about whether highest addition on social media sites affects academic performance.

Table-1: Time Spending on Internet by Respondents

		Frequency	Percent	Valid Percent	Cumulative Percent
Involvement to Internet	30min-1 hour	6	3.8	3.8	3.8
	2hours-4hours	34	21.3	21.3	25.0
	4hours-6hours	60	37.5	37.5	62.5
	6hours-8hours	28	17.5	17.5	80.0
	More than 8 hours	32	20.0	20.0	100.0
Total		160	100.0	100.0	

The internet has evolved into a worldwide network where people from all walks of life are connected. Internet use among students takes several forms. Exploring the reasons people use the internet is one of the objectives of the student. **Table-2** representing the purposes of use of internet by respondents. 67 (41.9%) respondents mentioned they use Internet for the academic and educational purpose. 47 (29.4%) use it to use social networking sites, 34 (21.3%) use it for entertainment purpose. The result shows that most of the students who participated in the survey use the Internet to study and do academic work.

Table-2: Purpose of using Internet by Respondents

		Frequency	Percent	Valid Percent	Cumulative Percent
Purpose of the Internet	Academic Work	67	41.9	41.9	41.9
	Entertainment	34	21.3	21.3	63.1
	Social Networking Sites	47	29.4	29.4	92.5
	Others	12	7.5	7.5	100.0
Total		160	100.0	100.0	

The majority of the respondents to this study use the internet for academic purposes. There are various areas of interest among the academic goals. The following table lists the many objectives of internet use for academic reasons. **Table-3** representing the intention of using internet by the respondents. 26.9% of the respondents use the internet to prepare homework, assignments, course projects and other tasks given to them by their teachers. 17.9% of the respondents use internet for reading books while 22.4% of the respondents use it to gather necessary study materials and 32.9% reported that they are using it for conducting research and other required coursework.

Table-3: Academic Purpose of using Internet by Students

		Frequency	Percent	Valid Percent	Cumulative Percent
Academic Purpose of using Internet	Required Course Work	16	23.9	23.9	23.9
	Doing Research Work	6	9.0	9.0	32.8
	Preparing Assignments and Course Work	18	26.9	26.9	59.7
	Reading Books	12	17.9	17.9	77.6
	Collecting Required Study Materials	15	22.4	22.4	100.0
Total		67	100.0	100.0	

Respondents were asked to give their thoughts on a certain theme using a tool based on the ordinal Likert Scale, where 1 is the lowest score and 5 is the highest (Likert, 1932). In this study, the researcher also wants to assess the effect of using internet by students on their social and academic life as well.

The internet has a positive impact on people's wellness by facilitating social connections, time savings, knowledge sharing, and access to medical information. A vital aspect of a person's quality of life is their health. **Figure-1** shows that 35.60% of the respondents agree with the statement that using internet enhance the quality of

life of the statement. It is mentioned that about 32.50% of the respondents support this statement.

Figure-1: Usages of Internet Enhancing the Quality of Life

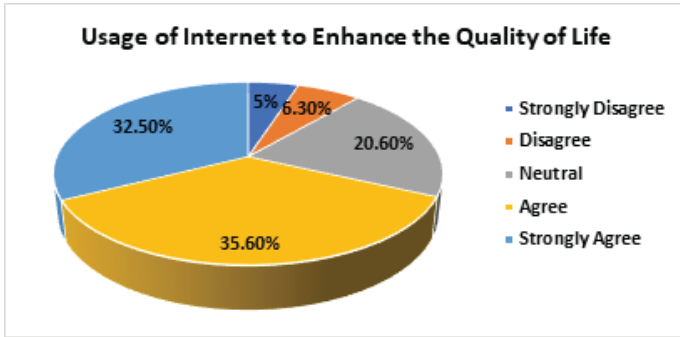
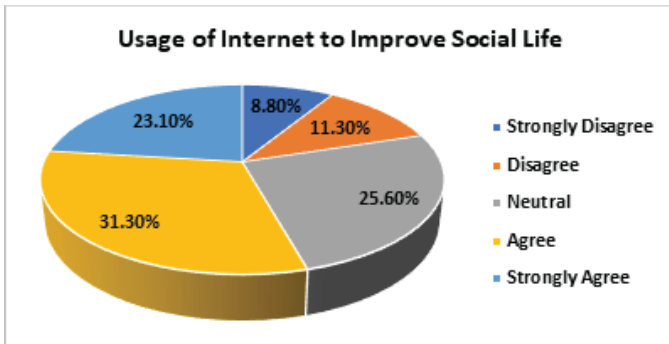


Figure-2 represents the impact of using internet to improve social life. There is no doubt that the internet provides us with information, knowledge, and data that are useful for our personal, social, and academic development. Figure-2 is showing that majority of the respondents agreed with this statement. The internet enables us to interact, collaborate, and share information in novel ways. Although there are many benefits for the internet, how we use it in our daily lives depending on our own needs and objectives.

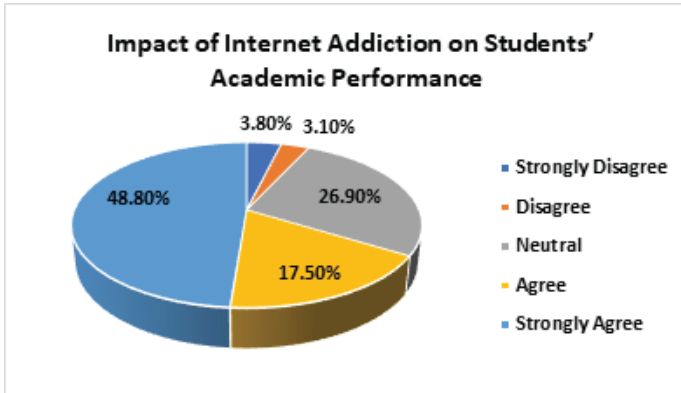
Figure-2: Usage of Internet to Improve Social Life



Respondents to this study were asked their opinions on how internet addiction influences negatively on students. Figure-3 shows the percentage distributions of respondents based on their opinion regarding the negative influence of internet addiction on the academic performance of students. In current technological era, the Internet is recognized as a significant tool. Unfortunately, students who overuse the internet negatively damage their lives. As the Internet is viewed as an integral

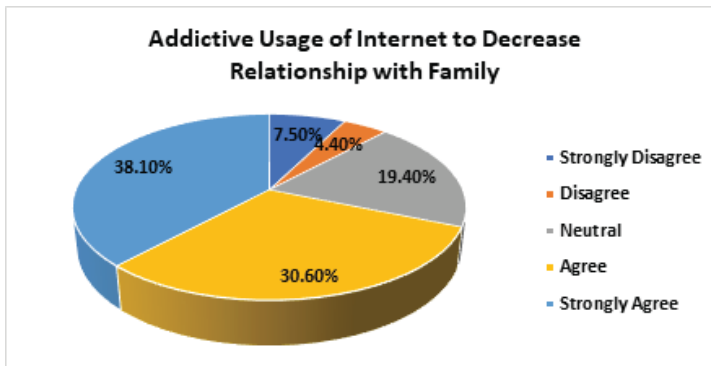
element of human existence, the study suggests that students be cautious when utilizing it.

Figure-3: Impact of Internet Addiction on Students' Academic Performance



Unfortunately, new research also imply that family ties may suffer as a result of the internet. Technology significantly contributes to the breakdown of family ties. Addictive usage of internet has a significant negative impact on the family by diminishing face-to-face interaction, socialization, and family time. **Figure-4** is showing that 38.10% of the respondents strongly supporting that addictive usage of internet decreases face to face relationship with families. On the other hand 30.60% of the respondents also agreed on this point. High internet use can cause people to disregard their family relationships and bring up conflicts between parents and teenagers over the latter group's lack of social skills.

Figure-4: Addictive Usage of Internet to Decrease Face to Face Relationship with Family



## 5. CONCLUSION

The study was done to find out more about the performance and drawbacks of using internet among the students of selected private universities of Bangladesh. The study showed that most of the participants use internet for the academic purpose. This study also found that the academic purpose of using internet to prepare assignments and course work. They spent on internet for 4 to 6 hours per day. The number of hours spent in using internet, the reasons students use the internet, the effects of internet use on academic performance, and the impact of internet use on students' face-to-face interactions with their friends and families are all graphically represented in this study. Both positive and negative effects of using the internet are found relatively balanced. The study further explicated that positive effects contains an improvement in social interactions and academic success like preparing assignments and course work, looking for study materials online, reading books and so forth. Internet addiction, a lack of face-to-face interaction, time wasting, excessive use of social networking sites, and depression are all negative effects.

## 6. RECOMMENDATIONS

The results of study propose the following suggestions:

- (i) Different seminars should be organized to teach students about the risks of using the Internet.
- (ii) Students may be advised to spend time as possible on the Internet to avoid becoming too obsessed with it.
- (iii) Students should learn how to use the Internet to get the most out of it.
- (iv) Students should assess the usefulness of the use of internet that can improve personal skill, academic and research competency.

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