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## Research Paper

## Excessive Use of the Internet and Its Impact on the Behavior and Academic Level of Students Aged (10-12) Years

Dr. Diaa Fadel Abbas

Directorate of Education, Najaf Governorate, Iraq

Corresponding Author: \*Dr. Diaa Fadel Abbas

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### ABSTRACT

The study aimed to know the effect of the Internet on the behavior of students under 12 years of age and their academic level. It also aimed at the child's isolation himself and his isolation from the family when using electronic tablets. It also aimed to determine the effect of the Internet on the psychological health of the child. Therefore, the descriptive approach was used in the survey method because it is compatible with the study. The phenomenon that the researcher seeks to research and exists in reality, and this study contributes by describing it accurately and expressing it qualitatively or quantitatively.

The study sample reached (420) fathers and mothers, where the number of fathers reached (260) and mothers (160). The study data was processed using the statistical package (SPSS) appropriate to the nature of this study by applying arithmetic averages and standard deviations and forming an assistant team to collect the questionnaires prepared by the researcher, where they are emptied and the extreme values are extracted, then placed in the program and the data that we process in (SPSS) is extracted, after which the final results are discussed and solutions are put in the recommendations after the conclusions that become clear to us through the results. The study recommended setting a timetable for using tablets by gradually reducing the time for their use, after which there is a specific time for their use, also talking to children about the misuse of the Internet and its dangers, and talking to them in a persuasive manner in order to improve the scientific level and its importance in the future and how it achieves their dreams in various areas of life.

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**KEYWORDS:** Excessive Internet Use, Academic Performance, Student Behavior.

### 1. INTRODUCTION

The world today is undergoing major technological and digital transformations, with technology at the forefront of this progress, affecting many aspects of our lives. As this progress increases, it changes people's lifestyles. With the growing reliance on the Internet, social media platforms have become an essential part of daily communication and information reception for many people in the world. Some people use social media as a means of entertainment and

passing the time, while others have realized the power of social media and used it effectively. Amid the ongoing debate over social media—whether it is good or bad—let's agree that everything innovative has a negative side and a positive side, depending on how we use these tools.

Social media platforms are defined as communication tools through which the user creates an account that enables them to communicate electronically with other people via the

Internet to share information, ideas, opinions, messages, and other written, visual, and audio content and files. Examples of these platforms include Facebook, Twitter, Snapchat, Instagram, WhatsApp, YouTube, and those with a professional side such as LinkedIn. Blogs like WordPress and Blogger are also part of this category. <sup>[1]</sup>

This progress has led to misuse, especially for children under 12 years old, which has affected their academic and social levels. Some families expressed their dissatisfaction with children's behaviors and the nervousness that took over them due to personality changes.

Thus, the researcher must prioritize finding essential and fundamental solutions to eliminate these undesirable behaviors.

### Research Problem

As a result of the tremendous technological advancement that has invaded the world in recent years, a large group of electronic devices has been developed and continues to be developed to meet people's many different needs easily, leading to a significant attachment of children to these devices. Some families, indeed the majority, say that they help the children develop themselves, while the other section opposes their excessive use, considering it a cause of behaviors outside proper upbringing and societal framework. Additionally, the academic level has been declining in recent years. Amid these conflicting opinions from parents, we can say that the problem revolves around the important question: What is the impact of the Internet on children's behavior and academic performance?

## 2. RESEARCH OBJECTIVES

1. To identify the relationship between internet usage and the behavior of students aged (10-12) years.
2. To identify the effect of the Internet on the academic performance of students aged (10-12) years.

### Research Hypotheses:

1. There is a negative impact of excessive Internet use on students.
2. There is an impact of Internet use on students' behavior and academic performance.

### Research Scope

**Time Frame:** 15/5 - 22/11, 2024

**Location:** Schools in Najaf Al-Ashraf

**Participants:** Parents of students (fathers and mothers)

## 3. RESEARCH METHODOLOGY & FIELD PROCEDURES

**Research Method:** In this study, the descriptive analytical approach was used, which describes and diagnoses the

research subject both quantitatively and qualitatively. According to experts, this approach is effective in studying real-world phenomena.

**Research Population and Sample:** The study population consisted of parents of students aged 10-12 years in Najaf Al-Ashraf during the 2024-2025 academic year. A random sample of parents was selected after ensuring that the students have both fathers and mothers, and the sample size reached (80), where the number of fathers was (55) and mothers (35).

### Research Procedures

**Research Tool:** The researcher prepared a questionnaire by following the steps below:

1. Preparing a survey form after reviewing related literature and studies relevant to the research topic.
2. Conducting a pilot study with open-ended questions for a sample of parents and asking them to answer a set of questions. Based on the results of these steps, the final questionnaire was developed, which includes three domains concerning internet use and its impact on the behavior and academic level of students aged (10-12) years: <sup>[2]</sup>

**Domain 1:** The impact of Internet use on student behavior.

**Domain 2:** The impact of Internet use on academic performance.

**Domain 3:** The extent of student isolation from the family due to excessive Internet use.

### Scientific Foundations

#### Tool Validity

The validity of the tool was confirmed by presenting the questionnaire to a group of eight experts and specialists. The Chi-squared test showed that all items were valid, as the calculated Chi-squared values for these domains were smaller than the tabular value of (3.83) at a degree of freedom (1) and a significance level (0.05). <sup>[3]</sup>

#### Reliability

Reliability refers to the consistency of the test results when applied to the same group under the same conditions. To ensure reliability, a sample of (60) parents outside the primary research sample was tested using the split-half method. Pearson's correlation coefficient for the scores of the first half and the second half was (0.84) for parents. After applying Spearman-Brown correction, the correlation coefficient was (0.91), with a general variance of (0.84). A reliability coefficient above (0.70) is generally preferred, and the general variance should be higher than (0.50), ensuring a reliable measurement. <sup>[4]</sup>

**Table 1:** Show the Alpha Cronbach's coefficient for internal consistency is as follows

Domain	Number of Items	Alpha Cronbach
Impact of Internet use on behavior	6	0.677
Impact on academic performance	6	0.736
Family isolation	6	0.781
Total	18	0.731

**Internal Consistency Validity:** Internal consistency refers to the strength of the correlation between scores for each

domain and question. The validity indicates whether the questionnaire or test measures what it is intended to measure.

**Table 2:** Show internal Consistency Coefficients

Item Number	Correlation Coefficient
1	0.534
2	0.412
3	0.451
4	0.602
5	0.492
6	0.505
7	0.439
8	0.404
9	0.441
10	0.233
11	0.217
12	0.277
13	0.398
14	0.471
15	0.422
16	0.511
17	0.302
18	0.408

#### 4. RESULTS AND DISCUSSION

Based on the variables in the research title and to verify the hypotheses formulated to address the research problem and achieve the objectives; after completing the questionnaires and processing the data from the sample of parents (420 participants), the researcher presents the statistical results in tables followed by discussions supported by scientific references and relevant studies.

#### Results of Excessive Internet Use Among Students Aged (10-12) Years According to Parents' Responses:

The average internet addiction score among students was (71.32), with a standard deviation of (26.2). Comparing this average with the scale's hypothetical mean (72) using a one-sample t-test, the calculated t-value was (0.40), which is less than the tabular t-value (1.97) at a degree of freedom (2) and a significance level (0.05).

**Table 3:** Show T-Test Results for Excessive Internet Use

Sample Size	Mean	Standard Deviation	Hypothetical Mean	T-value (calculated)	T-value (tabular)	Significance
420	71.32	26.2	72	0.40	1.97	Not significant

This table shows that the results align with those of the study by Kimberly Young and Robert Rodger (1996), which concluded that most internet users are male and use electronic devices continuously. [5] Internet overuse is associated with increased loneliness, depression, and higher stress levels.

Symptoms include anxiety, insomnia, mood swings, and depression when electronic devices or internet access are disrupted. These factors contribute to students' reduced academic motivation due to psychological disturbances. [6]

#### Behavioral Impact Results

**Table 4:** Show Pearson Correlation for Behavioral Impact

Variable	N	Calculated Value	Tabular Value	Degrees of Freedom	Significance
Behavior	420	0.373	171.223	199	0.05

These results align with the study by Kubey *et al.* (2001), which found a correlation between internet use and changes in student behavior. The findings showed that excessive recreational internet use could lead to aggressive or

introverted behavior. Excessive internet use was also linked to loneliness, late-night habits, and missing family discussions, which highlighted the serious physical,

psychological, and social risks associated with internet overuse.<sup>[7]</sup>

### Discussion of Academic Performance Impact

**Table 5:** The Pearson correlation coefficient for the impact of excessive internet use on academic performance

Variable	N	Calculated Value	Tabular Value	Degrees of Freedom	Significance
Academic Performance	420	0.373	171.223	199	0.05

The results indicated that the decline in academic performance among university students is due to excessive recreational internet use. Prolonged internet use was linked to late-night habits, absence from classrooms, and decreased focus during lectures.<sup>[8]</sup> The negative effects of internet addiction outweigh its positive aspects, especially among university students whose academic motivation diminishes due to internet overuse and its associated symptoms.

The relationship between academic motivation and achievement is influenced by various factors, including the student's mental capacity, learning experience, and environmental conditions, such as family, educational institutions, and societal influences. The phenomenon of internet addiction adds another layer of complexity.<sup>[9]</sup>

**Table 6:** Show mean and STD and T value

Group	Mean	Standard Deviation	Error Rate	T-value (calculated)	Significance
Males	71.04	4.849	0.004	2.869	Significant
Females	68.85	5.804	0.004		

The study results also revealed that the mean internet addiction score for male students was (71.04) with a standard deviation of (4.849), while the mean score for female students was (68.85) with a standard deviation of (5.804). An independent t-test for the significance of the differences between the two groups showed a calculated t-value of (2.869) at a 0.05 significance level, indicating a statistically significant difference in favor of male students. The following table illustrates these results.<sup>[10]</sup>

### 5. CONCLUSIONS

1. Excessive internet use leads to aggressive or introverted behaviors.
2. Students mimic online characters, affecting their social interactions.
3. Overuse negatively impacts academic performance due to fatigue and lack of concentration.

### Recommendations

1. Set internet usage schedules and use parental control programs.
2. Implement network timers to limit usage.
3. Promote family activities without electronic devices.

4. Encourage religious and moral values to raise awareness of internet misuse risks.

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