

negative effect of the internet

{task 2}



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Negative effect of the internet on student’s lives

\*\*Part 01: Impact of Internet Usage on Students\*\*

The internet has become an integral part of student’s lives. Offering numerous educational and social benefits. However, excessive or improper use of the internet can negatively impact various aspects of student’s well-being. Let’s explore these in detail.

1. General well-being

Physical health:

Sedentary lifestyle: excessive internet use, particularly for gaming or social media, contributes to a sedentary lifestyle. This lack of physical activity can lead to obesity, cardiovascular diseases, and other heath issues.

Sleep Disturbances: the use of screens late into the night can disrupt sleep patterns. Blue light emitted by screens interferes with melatonin production, making it difficult for students to fall asleep.

Examples:

A study published in the journal BMC public heath found a significant association between screen time and sleep disturbances among adolescents.

1. Social Interactions

Isolation and loneliness:

Reduced face-to-face Interaction:

Spending extensive time online can reduce the amount of time students spend in face-to-face interactions, leading to social isolation and loneliness.

* What are the negative effects of the internet?

Excessive screen time and its adverse effects on physical health can lead to problems like eye strain and sedentary lifestyles. Cyberbullying and online harassment are also significant drawbacks, affecting one's mental health and well-being. What you need to know: The stress of being online.

What are the 5 disadvantages of internet?

* Disadvantages of Using Internet
* Spam and advertising. ...
* Pornographic and violent images. ...
* Buying things that you don't need. ...
* Not a safe place for children. ...
* DDoS Attacks. ...
* Botnets. ...
* Identity Theft. ...
* Cyberstalking.

[More items...](https://unacademy.com/content/bank-exam/study-material/computer-knowledge/cons-of-using-the-internet/)

* What are the negative impacts of internet on children?

In general, technology use can cause social and behavioral problems in children because it minimizes the amount of time kids spend interacting with others. Make sure to monitor your child's social media use and be aware of the types of websites they're visiting and the games they're playing online.

* What are three negative effects of the internet and how it can impact human relationships?

Social media has had a profound impact on modern relationships, both positive and negative. While it can be a great way to stay connected with loved ones and find resources and support, it can also distract from face-to-face communication, promote unrealistic expectations, and facilitate jealousy and insecurity.

* What are the negative impacts of internet on children?

Relationships and Social Skills Issues  
  
Kids are using mobile devices more and more, and they can become addicted to this, not spending enough time with their family and/or friends. They are more likely to be virtually connected with friends, sharing photos and texting online than actually meeting them in person.

* What are 5 negative impacts of the internet?



Articles focus on major privacy scandals and security breaches, the proliferation of fake news, rampant harmful behaviours like cyber-bullying, cyber-theft, revenge porn, the exchange of child porn and internet predation, internet addiction, and the negative effects of the internet on social relations and social .

* What are internet dangers for kids?

The Internet can be wonderful for kids. They can use it to research school reports, communicate with teachers and other kids, and play interactive games. But online access also comes with risks, like inappropriate content, cyberbullying, and online predators.

* How does the internet affect students?

On the other hand, excessive internet use can have detrimental effects on students' academic performance, personal growth, and behavior. It can lead to distractions, sleep deprivation, poor time management, and a decrease in academic progress .

* What are 5 disadvantages of having the internet of things?

Disadvantages of IoT:

* Security Concerns: The interconnected nature of IoT devices raises significant security challenges. ...
* Privacy Issues: ...
* Complexity in Implementation: ...
* High Initial Costs: ...
* Data Overload: ...
* Limited Standardization: ...
* Reliability and Downtime:

\*\*Introduction\*\*

The internet has become an integral part of modern life, particularly for students. However, its ubiquitous presence brings both benefits and drawbacks. This analysis delves into the negative effects of internet usage on students, focusing on well-being, social interactions, mental health, and academic performance. Additionally, it proposes countermeasures to mitigate these adverse consequences and foster a safer online environment.

\*\*Negative Impacts\*\*

* 1. \*\*General Well-being:\*\*

Excessive internet use can lead to sedentary behavior, reducing physical activity and overall well-being. Moreover, constant exposure to screens may disrupt sleep patterns, leading to fatigue and irritability.

\*Example:\*

A study by Twenge and Campbell (2018) found a correlation between increased screen time and declines in psychological well-being among adolescents.

* 1. \*\*Social Interactions:\*\*

Heavy reliance on the internet for communication can hinder face-to-face interactions, leading to feelings of isolation and loneliness. Social media platforms may exacerbate social comparison and feelings of inadequacy.

\*Example:\*

Research by Primack et al. (2017) linked high social media use to increased feelings of social isolation and depression among young adults.

* 1. \*\*Mental Health:\*\*

Exposure to cyberbullying, online harassment, and harmful content can negatively impact mental health. Constant connectivity and the pressure to maintain online personas may contribute to anxiety and stress.

\*Example:\*

A survey conducted by Hinduja and Patchin (2018) revealed that victims of cyberbullying were more likely to experience depression and suicidal ideation.

* 1. \*\*Academic Performance:\*\*

Distractions from entertainment websites, social media, and online gaming can impede focus and productivity, leading to poorer academic outcomes. Plagiarism and reliance on unreliable online sources may compromise academic integrity.

\*Example:\*

A meta-analysis by Junco (2012) found a negative correlation between time spent on Facebook and academic performance among college students.

\*\*Countermeasures and Suggestions\*\*

1. \*\*Promote Digital Literacy:\*\*

Educate students about responsible internet usage, critical thinking skills, and online safety. Teach them to evaluate sources critically and recognize potential risks online.

2.\*\*Set Boundaries:\*\*

Encourage parents and educators to establish limits on screen time and encourage offline activities. Implement technology tools like website blockers or parental controls to regulate internet access.

3.\*\*Foster Healthy Habits:\*\*

Emphasize the importance of maintaining a balance between online and offline activities. Promote physical exercise, hobbies, and social interactions outside of the digital realm.

4.\*\*Create Support Networks:\*\*

Develop programs and resources to support students dealing with cyberbullying, mental health issues, or internet addiction. Provide access to counseling services and encourage open dialogue about online experiences.

\*\*Conclusion\*\*

While the internet offers numerous advantages for students, its misuse can have detrimental effects on various aspects of their lives. By raising awareness of these negative impacts and implementing effective strategies, we can create a safer and healthier online environment for students to thrive.

\*\*Part 02: Internet vs. World Wide Web (WWW)\*\*

\*\*Introduction\*\*

Although often used interchangeably, the terms "Internet" and "World Wide Web (WWW)" represent distinct concepts in the realm of digital communication. This exploration aims to elucidate the disparities between the two, encompassing their historical evolution, primary technologies, and distinguishing features.

\*\*Internet\*\*

The internet is a global network of interconnected devices that facilitates communication and information exchange through a variety of protocols, including TCP/IP (Transmission Control Protocol/Internet Protocol). It originated from ARPANET in the 1960s and evolved into a decentralized network encompassing millions of servers and billions of devices worldwide.

\*\*Features of the Internet\*\*

Infrastructure: Comprised of physical hardware, including servers, routers, and cables, spanning the globe.

- Connectivity: Enables seamless communication between devices using standardized protocols.

- Decentralization: No single point of control; instead, a distributed network architecture ensures resilience and scalability.

\*\*World Wide Web (WWW)\*\*

The World Wide Web, developed by Tim Berners-Lee in the late 1980s, is an information retrieval system that operates over the internet. It employs HTTP (Hypertext Transfer Protocol) to transmit data and HTML (Hypertext Markup Language) to structure content. The web encompasses websites, web pages, hyperlinks, and multimedia resources accessible via web browsers.

\*\*Features of the World Wide Web\*\*

- Hypertext: Allows non-linear navigation through interconnected documents using hyperlinks.

- Multimedia Content: Supports the integration of text, images, audio, and video for rich user experiences.

- Uniform Resource Locators (URLs): Uniform addressing system enables the identification and retrieval of web resources.

\*\*Differences Between Internet and World Wide Web\*\*

* 1. \*\*Scope:\*\*

The internet refers to the vast network infrastructure, while the World Wide Web denotes a specific subset of resources accessible via browsers.

1. \*\*Functionality:\*\*

The internet facilitates data transmission and communication, whereas the World Wide Web focuses on information dissemination and retrieval.

1. \*\*Protocol:\*\*

The internet relies on TCP/IP for data exchange, whereas the World Wide Web utilizes HTTP for accessing web resources.

\*\*Conclusion\*\*

In summary, the internet serves as the foundation for global connectivity, while the World Wide Web provides a framework for accessing and navigating information resources. Understanding the distinctions between these concepts is essential for navigating the digital landscape and harnessing its vast potential for communication and knowledge dissemination…