

# THE PATTERN OF INTERNET USAGE:

## A Study of University Students

Undergraduate Business Research Project (RES 450)

In the partial fulfillment of the requirements for the

Bachelor of Business Information System



Submitted to

Kathmandu University School of Management

Submitted by

Hima Karki

KU Registration Number: 025626- 19

Under the supervision of

Mr. Ramesh Ghimire

## ACKNOWLEDGEMENT

I would like to express my deepest gratitude and appreciation to all individuals who have supported and guided me throughout the process of developing this research proposal.

First and foremost, I want to express my sincere gratitude to my supervisor Mr. Ramesh Ghimire, for their tremendous advice, knowledge, and unflagging support. His opinions and suggestions were very helpful in determining the scope and direction of my study project.

I would also like to express my sincere gratitude to Kathmandu University for providing this wonderful opportunity for including practical research work which has helped us to apply theoretical knowledge in the real world.

Lastly, I would like to thank the respondents for their valuable time for answering all the questions despite their busy schedule to help me complete my research.

Sincerely,

Hima Karki

## DECLARATION

I hereby declare that the business research project report entitled “The pattern of Internet Usage: A study of University Students ” submitted to Kathmandu University is sincerely work done originally by me. This report has been prepared for the partial fulfillment of the Bachelor of Business information System(BBIS) program. It has not been previously submitted to any other university or any other examination. The material obtained from the outside has been appropriately cited and referenced.

---

Hima Karki

BBIS 2019-2023

Kathmandu University

KU Registration No: 025626-19

## EXECUTIVE SUMMARY

The advent of the internet has undoubtedly revolutionized the way we access and disseminate information, transforming various aspects of our lives. One significant sphere in which the internet has had a profound impact is the realm of education, particularly among university students. This study delves into the multifaceted relationship between the internet and academic performance, aiming to shed light on how this powerful tool influences the scholastic endeavors of university students.

In recent years, the proliferation of high-speed internet access, along with the widespread adoption of smartphones, laptops, and tablets, has made the internet an integral part of the daily lives of students. This digital revolution has opened vast opportunities for learning and research, enabling students to access a wealth of information at their fingertips. However, the pervasive nature of the internet also raises questions about its effects on academic performance.

The internet offers an array of educational resources, from online textbooks and scholarly databases to interactive learning platforms and virtual classrooms. These resources have the potential to enhance students' learning experiences, providing them with a more dynamic and flexible approach to education. Additionally, the internet facilitates collaboration and communication among students and professors, transcending geographical boundaries.

On the flip side, the internet can also be a double-edged sword when it comes to academic performance. The omnipresent allure of social media, entertainment, and countless distractions online can divert students' attention away from their studies, potentially leading to procrastination and decreased productivity. Furthermore, the ease of accessing information online has raised concerns about plagiarism and the erosion of critical thinking skills.

## TABLE OF CONTENTS

ACKNOWLEDGEMENT .....	2
DECLARATION.....	3
EXECUTIVE SUMMARY.....	4
TABLE OF CONTENTS.....	5
CHAPTER I.....	7
INTRODUCTION.....	7
1.1 Background of the study .....	7
1.2 Statement of the problem.....	8
1.3 Research Objective .....	8
1.4 Research Question .....	9
1.5 Significance of the study.....	9
1.6 Limitation of the study .....	9
1.7 Organization of the study .....	10
CHAPTER II.....	11
LITERATURE REVIEW .....	11
2.1 Review of major study .....	13
2.2 The Research Gap .....	13
CHAPTER III.....	14
RESEARCH METHODOLOGY .....	14
3.1 Research Design .....	14
3.2 Type of research .....	14
3.3 Data Types.....	14
3.4 Data collection .....	14
3.5 Sampling Design .....	15
3.6 Sampling Techniques .....	15

CHAPTER IV .....	16
DATA PRESENTATION AND ANALYSIS .....	16
4.1 Introduction .....	16
4.2 Interviewee responses: .....	16
4.3 Major Findings.....	44
CHAPTER V.....	46
SUMMARY, DISCUSSION AND CONCLUSION.....	46
5.1 Summary: .....	46
5.2 Discussion: .....	47
5.3 Conclusion: .....	49
REFERENCES.....	51
APPENDIX.....	53

# Chapter 1

## INTRODUCTION

### **1.1 Background of the Study**

Internet is a collection of millions of computers around the world that are connected between each other, the Internet is a medium that does not have the limitation of information on each user, many people are highly dependent on the Internet, because the Internet has many advantages that can simplify a lot of work, the internet is helpful for effectiveness and efficiency. The shape of the effectiveness and efficiency of a given Internet such as it has many services for its users so much to give ease and pamper users. With the presence of the internet which is the development of information and communication technologies (Puspita and Rohedi, 2018).

With the invention of internet, a new channel for communication, information sharing and networking has emerged. This new channel has been so excessively used all over the world that it has started to invade not only social but also academic aspects of student lives. In this respect, students, especially adolescents, are reported to spend a significant part of their days on the Internet for various purposes (Ito, Horst, Bittanti, Boyd, Herr Stephenson, Lange, et al., 2008). Results of such use of the internet are generally two folded.

The Internet is a relatively new channel for scholarly resources, and contains vast quantities of information that vary a great deal regarding its contents, aim, target group, reliability etc. Hence, it is important that the end-user is aware of the diverse information available on the Internet, and educated in the criteria by which the information content should be assessed (Chapman, 2002). The fabulous growth in telecommunication has brought online services, specialized electronic networks, Web Pages, E-mail, software, and global information resources to our homes as well as to education.

The Internet provides an environment in which millions of people participate and engage in the creation and exchange of information (Rose & Fernlund, 1997). Students have only recently received the opportunity to use the Internet to seek and obtain scholarly material and, consequently, knowledge on how effectively they make use of this channel is limited. Students' information seeking culminates as they work on their theses. Many studies have been conducted regarding the type of information the end users seek and obtain on the Internet and in which circumstances they prefer electronic sources to paper sources (Tenopir et al. 2003) According to their survey, approximately 50% of all the scholarly publications

were obtained from the Internet, who studied geography student's use of sources on the Internet by analyzing citations from a test, found that 51% of the citations referred to sources on paper, 47% of the sources were from the Internet and the rest was course material.(Fescemeyer, 2000).

Internet use has become very popular in many areas as well as in education in recent years. Accordingly, Internet access in schools has increased greatly over the last 20 years (Berson,2000). Many experts see the computer, combined with multimediacapabilities, as the new tool that can transform education (Van Horn, 1991) points out that the computer1 can solve many of the problems facing teachers. In today's environment the teacher is expected to have a large knowledge base. The teacher also has the problem of deciding to teach at the low end or the high end of the grade level. Many compromises and teach in the middle. Computers can solve these two problems by enabling teachers to customize instruction for each student (McKeown, 1991).

## **1.2 Statement of the Problem**

This study addresses the internet usage patterns of university students, a demographic deeply immersed in digital culture. The research seeks to comprehend the diverse behaviors and motivations driving their online activities, while also examining potential repercussions such as academic performance, mental health, and social interactions. The proliferation of digital platforms necessitates an exploration of how these students navigate online resources and platforms, aiming to uncover strategies for promoting positive internet engagement and mitigating negative outcomes. By shedding light on these dynamics, the study contributes to a more holistic understanding of the digital lives of university students and informs approaches to enhance their overall well-being in an increasingly interconnected world.

## **1.3 Research Objectives**

The primary objective of this study is to investigate the internet usage pattern among university students.

The other objectives are listed below:

- To identify the frequency of internet use.
- To determine the most preferred location for internet use.
- To identify the most used internet service.
- To identify the purpose of browsing the internet by university students.
- To examine the impact of internet on daily life of university students

- To evaluate the internet usage pattern among university students

#### **1.4 Research Questions**

- How are university students using the internet for their daily consumption?
- What are the implications of using the internet for a university student?
- What is the engagement pattern of university students on the internet?

#### **1.5 Significance of the Study**

This study intends to find out the impact of the internet on the social life of university students. The social life of a student is a major factor contributing to their overall personal development. It not only encompasses students' attitude towards interpersonal relationships but also to their level of confidence in presenting themselves to others. Students would benefit from the skills associated with the use of the internet. This is because, even after their course of research, the skills will be a part of them and help them cope with real-life issues and look for online tools. It also helps them plan after graduating for life. Internet plays a crucial role in developing the students' ability to cope up with global advancement by broadening their knowledge but at the same time it also poses a threat to their level of self-confidence as they become dependent on the internet through its overuse.

Thus, the major significance of this study are as follows:

- It shows the impact of the overuse of the internet on undergraduate students' level of confidence and dependency.
- It shows how the internet has addicted students to spending their time on various social media and games unproductively being social but only virtually.
- It helps students in realizing how deeply the internet has rooted in our habits and stopping us from being social engaged in various forms.

#### **1.6 Limitation of the Study**

This project report has the following limitations:

- It may not be reliable if the participant doesn't respond honestly.
- There may be difficulty in accessing the information from the participants.
- The respondent may not have realized themselves about the impact that the internet has had on them.
- Respondents may have misreported behavioral or demographic information as we collected the data by using questionnaire only.

## **1.7 Organization of the Study**

The report is organized into five distinctive chapters: Introduction, Literature Review, Research Methodology, Data Analysis and presentation, and Summary and conclusion.

The first chapter introduces a brief background of the study with its introduction, statement of the problem, research objectives, research questions and research limitations. It outlines the structure of the study briefly defining the overall content of the research.

The second chapter is “Literature Review”. This chapter provides an insight into the grounded theoretical principles based on published research. This chapter highlights the direction of the research and shows the research gap between the findings and the published sources for theoretical analysis.

The third chapter is “Research Methodology”. It explains about the procedures and methods adopted to carry out the research and fulfill the research objectives. It describes the collection method of the samples and defines the sample population. Hence, it provides a justification for all the chosen samples and methods for research.

The fourth chapter “ Data Presentation and analysis covers the findings and results of the research. It justifies and presents the collected data in a systematic way which is understandable and readable for the readers.

The fifth chapter “ Summary, Discussion and Conclusion” is based on the personal observations by the researcher.

The latter part of the research contains references and appendices for additional information.

## CHAPTER II

### LITERATURE REVIEW

The Internet is a very crucial communication instrument now a days. It has changed our ordinary life at home, educational environment and at work. Not only does the internet have many applications in our everyday life but also qualifies special and unique features that have doubled its attraction. Today, the internet has evolved into a fundamental instrument for communication, entertainment, trading, and education. Computer and internet-based communication are now commonplace in daily life. However, despite the rapid information transfer and potential educational value of the internet, there are a few aspects of it that may encourage addictive behavior. Studies done on students reveal that using the internet has been linked to serious issues including a decline in education, a reduction in curriculum study, anxiety, a decrease in interpersonal relationships, a decrease in physical activity, irregularity, and nutritional illnesses.

Time spent using e-mail and surfing online by undergraduates had increased significantly between 1996 and 2001 (Hendel & Harrold, 2004). Various types of Internet use have been linked to positive and negative effects on undergraduates. Dysphoric symptoms have been linked to some types of Internet use such as shopping, playing games, or doing research; conversely, increased time involving use of email, chat room discussions, and instant messaging have been linked to a decrease in depressive symptoms (Morgan & Cotton, 2003).

Wellman and Gulia (1999) suggest that online relationships may help to broaden and strengthen direct personal relationships. LaRose et al., (2001) found decreased depression in college students who used the Internet to obtain social support. Internet also foster more equitable social interaction between individuals from different backgrounds because it masks the physical markers, such as race, gender, and age, that often trigger unwarranted assumptions about the interests and capabilities of members of various social categories (Janet and Ann, 2002).

Sahin et al. (2010) used university students to investigate internet outlets and argued that reliable internet resources are critical for academic Study, especially in higher-level guides that require a literature tutorial assessment.

According to Ogedebe, most students (2012) get relevant information, such as educational materials, get relevant information from the internet. This indicates that students are using the internet to improve their academic performance. Based on Ngoumandjoka (2012), it can be concluded that the internet is generally utilized for leisure activities instead of for instructional ones.

Singh et al. (2013) indicated that students are increasingly inclined to utilize the internet. Still, they spend most of their time using it for non-academic activities such as email, gaming, and social networking. As a result, this led to setbacks in their academic plans. This explains the contradictory research findings on the influence of internet use on student academic progress.

According to Akin-Adaramola (2014) and Siraj et al. (2015), students regard the internet as a supplementary information source, leading to higher academic performance. Akin-Adaramola (2014) in a study found that students' top activities are chatting, followed by uploading and viewing multimedia videos, browsing the internet, using the internet to find knowledge for schoolwork, searching for various websites such as sports, online news, games, and shopping online.

Khalid,A.(2017) suggested people are becoming more social and more interactive with others, but the style of that communication has changed so that we're not meeting face-to-face as often as we used to and don't feel as personally connected to the people at the other end of our communication as we do when we're face-to-face. So, while we're communicating more, we may not necessarily be building relationships as strongly.

Ade,D.(2018) studies the level of interpersonal skills, personality and emotional intelligence are related to the extent of internet usage of students, as measured with the Internet addiction Scale of undergraduates. The use of the internet has increased considerably over the last few years. The growth of internet users has been exponential. With this growth have come several questions about the impact of internet use.

Studies have shown that an increase in virtual interaction decreases the amount of face-to-face interaction between people and this in turn may lead to social isolation and depression. While no causal relationship between Internet use and depression has yet been ascertained, there is an association between increased Internet use and psychological distress and loneliness. (Subramaniam et al., 2008).

Rohedi, D. (2018) reveals people who lose control over their actions in life, and in general, spend more than 38 hours a week online, are considered to have an internet addiction.

Ferda, A.&Mustafa,S.(2010) depicted excessive internet use may create a heightened level of psychological arousal, resulting in little sleep, failure to eat for long periods, and limited physical activity, possibly leading to the user experiencing physical and mental health problems such as depression, OCD, low family relationships and anxiety.

Even though there are several other media that can be used as a source of learning references, such as using the internet (Binali et al., 2021; Kurniawan & Rofiah, 2020; Simanihuruk & Simanungkalit, 2019). However, in its application the internet is still not used in learning. From the author's observation that learning is still teacher centered.

## THE RESEARCH GAP

The evolution of internet usage among university students has created significant gaps between earlier grounded theories and the present landscape. Initially, studies primarily delved into usage patterns, factors influencing behavior, and the impact on academic performance and social interactions. However, the current digital environment presents new challenges and dynamics. Advancements in technology, the proliferation of social media, and the surge in remote learning due to global events have dramatically transformed the way students interact with the internet. These changes highlight gaps in the understanding of how these technological shifts influence their study habits, social relationships, and overall well-being. Furthermore, the rise in cybersecurity threats and concerns about online privacy have not been extensively explored in prior theories, necessitating investigation into how students navigate these challenges. The need to examine how students maintain a healthy digital balance and manage their digital well-being, as well as exploring cultural and regional variances in internet usage, underscores critical areas for further research. Closing these gaps will offer insights into contemporary usage patterns and help institutions better support students in their digital engagement and overall welfare.

## CHAPTER III

### RESEARCH METHODOLOGY

This chapter explains the research process and methods designed to meet the stated objective of the study. The following chapter contains the research methodology in terms of research design.

#### **3.1 Research Design**

The motive behind this research is to know how the internet usage pattern among the university students. The research design is qualitative in nature. To know the use of internet among the university students' in-depth interviews were conducted. The primary data collection is based on the responses of the respondents. Hence, the secondary data were collected through grounded theories, online references, and social media.

#### **3.2 Type of research**

This study evaluates various factors that determine a student as being social. It is fact finding study involving collection of data directly from the sample chosen. So, narrative research design is used in this study as it aims to understand the effect of independent variables which are frequency, duration of the internet, peer influence and the time that a student spends on social media. It also aims to understand the cause of deteriorating social life of students. Hence, causal research design is also used to understand the cause of the dependent variable which is social life of students with effects of independent variable to the dependent variable.

#### **3.3 Data types.**

The data that is collected through the interviews, mainly semi- structured and observations, are likely to be more in-depth. The secondary data that is available on the internet explaining about the general internet usage behavior is used as a reference. The purposive sampling was conducted as respondents need to be more active in the sampling process.

#### **3.4 Data collection**

To collect the data, in-depth interviews is conducted with the target population which is the university students in this research. The sample size is six as this research needs to be conducted in-depth with the understanding and perspectives of the students. Also, observations on different online platforms are done to understand the pattern of the students collecting the data on their online behavior.

### **3.5 Sampling design**

The sampling design includes the University students from different universities and colleges in Nepal. This also includes the students studying abroad which is included as a pilot sample in the research to learn about a different perspective from the students living abroad.

### **3.6 Sampling techniques**

The purposive sampling technique and stratified sampling technique is used in the research. The stratification is based on age as in university students age group.

## CHAPTER- IV

# DATA PRESENTATION AND ANALYSIS

### 4.1 INTRODUCTION

This chapter covers the data presentation and the analysis of the data collected. Since the in-depth interview was the main data collected for the research, the following are the answers to the questionnaire by the interviewees. According to the data collected from each interviewee the analysis and interpretation is done. The narrative from one interviewee to another is unique and based on their personal experience, thus the interpretation is based on what the interviewee has experienced with each question.

### 4.2 Data Collection

#### INTERVIEWEE 1

##### **Section 1: Introduction and Demographics**

###### 1.1. Can you briefly describe your experiences of using the internet as a university student?

As a university student, I cannot thrive without the internet. It is more than a necessity at this point, and I can barely make it through the day without the Internet. It's like oxygen at this point. Even when I am not using for the academic purposes, I use it to kill time when I'm bored and to just know about things happening in the world. Without the internet, life would be pointless and just mundane even as a university student.

###### 1.2. How would you describe your relationship with the internet and digital technology in general?

I would say that I'm addicted to the internet. Especially after the lockdown, it's like digital technology and the internet has taken over everything else that I used to do when the pandemic was unknown. Now, I cannot go a day without the internet. It is to the point where I need something to watch on the internet while I do things like eating, exercising etc. I must have internet just to function as a human being and as a student, it is mandatory that I look up resources on the Internet. I just don't see how anyone could not be addicted to the internet as of today. After the lockdown, it's like everything is virtual, even the assignments are submitted online. It is easier and more functional.

## Section 2: Internet Usage Habits

2.1. Could you walk me through a typical day in your life as a university student in terms of internet usage? What websites or apps do you visit, and for what purposes?

In terms of Internet usage as a university student, I look up my class schedule, routines on the internet or any assignments on the internet. It is just so convenient as the submission date or even the reminder is also set on the classroom. So, I do that and for any resources that I need during my classes, I easily surf on the internet for it. That way I also get to look smart among my peers. But obviously everybody does it, so it doesn't really matter but it is just very convenient. So, for academic purposes the most website that is used is Chat GPT, Google, GeekforGeeks and other similar websites. Also, I use YouTube for any video explanation that I need. So, mostly these are the websites that I visit for academic purposes. But in my day as a university student, I obviously use it for other purposes as well. I am a big movie fan, so Netflix is that one app which mostly takes up my spare time. Also, I am a huge stock market investor hence, the share apps and websites that keep me updated with the share business are also one of my top visited websites.

2.2. What motivates you to use the internet regularly? Are there specific goals or needs that drive your internet usage?

I don't think I need to be motivated to use the internet. It is just a habit. If I don't know about something I conveniently use the internet. If I must talk to my friends and family, which is most likely like every single day I use the internet. I don't think that I need to be motivated to use the internet. It is just like an everyday thing. I never really thought anything like oh why do I use the internet? Until you asked me this question. There is nothing to think about it. It is just like drinking water every day. You don't think about drinking water every day, it is a habit. I don't feel like there needs to be like a specific goal to be achieved. It is that internet usage helps to get things done. Both on a personal and academic level. When I don't feel like doing my assignments, I do sometimes play foul and ask for resources from the internet. The specific goal that internet usage helps me to complete is to just get the things done without any hassle. The specific goal through the internet for me is also to be connected to my friends and families because without it, I really don't know what my friends and acquaintances are doing.

2.3. Are there any times or situations when you find yourself using the internet more intensively? Why do these situations prompt increased internet use?

Yes, I do. Like I said I am addicted to the internet. I cannot get things done without the internet. I live far from my family, so it is important for me to be using the internet every single day. I try to go on a cleanse for like certain days by deactivating my social media, but it never works out. So, by that I know that I use the internet far more than I would have liked to use the internet. For me, of course there are academic reasons to be using the internet. But what really prompts me to use the internet in the more intensive manner is social media. I find myself being so lost watching videos on TikTok like 3 hours feels like 3 minutes. I think social media is so engaging that it really helps to waste time. I cannot go a day without watching videos on the internet.

### **Section 3: social media and Communication**

3.1. How do you use social media platforms in your daily life? Can you provide examples of how they impact your social interactions and relationships?

When I say social media plays a huge role in my daily life, I live by it. Social media platforms are not just for fun and connecting, they are engaging and informative as well. I find myself knowing so much information that I normally would not go looking for. So, I don't like it when people judge social medias for all the negatives, but can we just focus on the positive side to it as well. For me social interaction and relationships are much more engaging on the online platform. I normally don't like to socialize with people on a face-to-face basis as travelling and just something about meeting in person does not suit me. When we meet people online and talk to them it is more convenient and easier. So, I play a lot of online video games like pubg and freefire, so I engage a lot with different people over there. I have found some genuine connections while playing the games as well.

3.2. Have you noticed any changes in your social life or relationships due to your internet and social media usage? If so, could you describe these changes?

As a person, I don't really like to be indulged with a group setting. But especially after the pandemic I find myself canceling on the plans even more. I cannot gather the energy to go and

meet people on a face- to- face basis. Social media usage and internet directly is not the reason but yes it has been a barrier too. Like I almost don't feel the compulsion to interact with people in real life when I'm already updated with them on the reel life. The relationships are more intact and wholesome through the online medium as people are more engaged over there. Most of the time, when I go to meet my friends, I find almost everybody on their phone. So, I don't see the point in wasting time and going to meet them. It is important for sure, but people are busier posting things online rather than connecting in real life.

#### **Section 4: Online Learning and Academic Use**

4.1. How has the internet affected your approach to learning and education as a university student?

The Internet is a lifesaver. To be able to learn from different approaches it is very important that we are exposed to numerous resources. Books are not the updated source of information hence; the internet carries the heavier weight when it comes to being the ultimate source of resources. Even for the teachers, they can find new information on the internet. So, the internet has severely affected my learning approach. I wish that I had the opportunity to use the internet when I was in primary school itself. I would've been exposed to numerous opportunities and be able to develop skills by it. But as a university student, it is very important to include the use of internet. Say suppose I am busy with my work and other things while also having to maintain my academics. So, the internet plays a huge role to remind me of things that needs to be done quicker and also can be used as an escape in case of emergency.

4.2. Can you describe your experiences with online courses or digital learning tools? How have they influenced your academic life?

During the initial phase of the lockdown, the experience of digital learning was new. For the first few times, it was confusing. But as we got used to it, the tools are the most convenient way to use. I will have to say that as a user of the digital learning tools I have been more punctual with the submission of my assignments as I cannot plead the submission date to be shifted as per my

convenience. It has influenced my academic life for the better. I have been more punctual and engaged than before.

### **Section 5: Entertainment and Content Consumption**

5.1. How do you use the internet for entertainment and content consumption? What types of content do you engage with the most?

I think I use the internet for entertainment and content consumption than the academic purposes. I find myself wasting my time watching the content online. For me, I would say that I watch a lot of series and movies. I do love to scroll through TikTok when eating and doing other things. The short videos that people post on that app are more engaging and interesting than the original video content app YouTube. I also sometimes engage in rather unethical activities like pornography and nude content. It is true that for entertainment purposes I like to watch those types of videos as well.

5.2. Are there any specific online platforms or communities that you consider vital for your entertainment or content consumption needs?

As of now, TikTok is the new hype. You don't realize the time that you waste when being on that app. It literally swipes away time like wind.

### **Section 6: Online Shopping and E-commerce**

6.1. What role does online shopping play in your life? Could you describe your online shopping habits, preferences, and any notable experiences?

As a person, I don't really shop that much. I normally am a very picky person, so I don't indulge in online shopping. Online shopping wastes a lot of time, in my opinion. It will lead to a loop into the online shopping world which is difficult to get out of. So, I really don't have anything to say about the online shopping experience.

6.2. How has the internet influenced your consumer behavior and purchasing decisions?

When I must see reviews for some products specifically electronic gadgets. I tend to look online to see if it is worth purchasing or not. So, in that way it does influence my buying decisions and

behavior. Hence, I would say that the internet is more reliable than the shopkeeper who gives you a review to buy the product. The Internet is blunt it is what it is so, it is trustworthy.

### **Section 7: Outlook**

7.1. How do you anticipate your internet usage patterns evolving in the future, especially in relation to your academic and personal life?

I don't think that the use of internet is ever going to stop. It is a habit, and it is important both for personal life and academic purposes. Maybe it might be less relevant in the future considering that I will complete my academic journey but in personal life, I must connect with my family and friends who live far away from me. So, the internet is crucial to keep me connected to my loved ones and to maintain a social life. But as for academic relevancy, I would need it for research purposes, but it might be less relevant.

7.2. Are there any concerns or hopes you have regarding the future of internet usage among university students?

I feel like this is only bound to grow. Right now, the digitization of education is top notch. So, for the university students, I think that internet usage is only bound to grow for the academic purpose and as for the personal life, internet is just getting more interesting. Hence, I see the university students being more active with the internet usage for both their academic and personal reasons. My concern is only that some students might fall into the pit hole of internet addiction. Internet addiction will ultimately lead to failure in every aspect so as internet usage grows the risk of being addicted to the internet will also grow.

## INTERPRETATION AND ANALYSIS

### INTERVIEWEE 2

#### **Section 1: Introduction and Demographics**

1.1. Can you briefly describe your experiences of using the internet as a university student?

Well, for me as a computer science student it is important to always have access to internet. I look for places which have internet access wherever I go. It has become a habit to like just to

indulge myself on the internet even though I may not have an urgent need. Apart from that, I also engage myself in online streaming video games which mostly involves all my leisure time. But to say the least it is a must.

#### 1.2. How would you describe your relationship with the internet and digital technology in general?

My relationship with the internet is needy. I need the internet for everything. From recreational activities to academic activities, I need the internet. At times, it gets a little unhealthy too. Digital technology is very convenient. Whenever I am coding, which is hectic and long, the internet helps me to debug and correct the errors with ease. In general, it makes my life easier. Also, having to deal with work and university tasks, it is easier to get alerts for all the aspects of my day and as a whole life. From work details to university tasks, everything is available there. But I feel like I am too dependent on the internet, so it gets unhealthy sometimes.

### **Section 2: Internet Usage Habits**

#### 2.1. Could you walk me through a typical day in your life as a university student in terms of internet usage? What websites or apps do you visit, and for what purposes?

I don't use too much of social media, so it saves my time from scrolling feeds on let's say Instagram and TikTok. But, in between work and university I don't really get to watch a lot of movies too. But I do spend a lot of time playing video games when I'm free. I get help from a lot of academic websites for school but apart from that there isn't any specific website that I regularly visit or spend time on. I indulge in Amazon to look for things all the time though. See when the price goes lower so that I can buy what I need. But basically, that is the only website that I normally like to indulge in but apart from that there isn't a regular website that I use.

#### 2.2. What motivates you to use the internet regularly? Are there specific goals or needs that drive your internet usage?

First, universities in the US do everything online. So more than motivation, it is a compulsion. So, for academic purposes, I must use the internet and besides it's easier to learn from the internet. Last semester, I had a Hispanic professor, and I had a hard time understanding his accent. I also

got embarrassed for asking too much in the class. So, I learned the entire course from the internet. International students often do that because we cannot choose the professor and sometimes it gets hard to understand. So, that is one of the motivating factors. Besides that, I also need internet for mapping, booking tickets, payments etc. Everything here is online so the personal goal is to have everything that I can get from the internet at ease.

2.3. Are there any times or situations when you find yourself using the internet more intensively? Why do these situations prompt increased internet use?

When I have a day off, I reward myself with playing video games or watching something on the internet. I tend to watch series all day, so during my day off and weekends I like to make the most of my time doing things that I love. I hardly get time to have time for myself so, I like to play video games, catch up with my friends and family and eat. Also, I must order food online, so you see everything is based off the internet. The situation that prompts this is mostly weekends and days off.

### **Section 3: social media and Communication**

3.1. How do you use social media platforms in your daily life? Can you provide examples of how they impact your social interactions and relationships?

I normally talk to my friends and family through WhatsApp or Viber. I don't really use social media platforms too much so; I don't know much about ongoing trends. You can see that I haven't posted anything on my social media platforms for more than three years now. I don't find myself using or leaning on the use of social media. I find it really time consuming and besides I cannot make time for scrolling on TikTok. So, I really don't use social media. The interaction and relationship with people back home have been affected because they don't find me too much on social media but in the real world, I don't see any changes. It's the same but with different people. I don't go out or see my friends too much because everybody is busy but whenever I get time I do go out with friends. It's refreshing and fun. But I don't think It has affected that much because when you move abroad it is obvious that people loose connection back home but when I'm back home I do call my friends so, social media has not impacted my social interaction.

3.2. Have you noticed any changes in your social life or relationships due to your internet and social media usage? If so, could you describe these changes?

Yes, it has. It has made it more accessible. I don't post anything online, but I see my friends and family post and I kind of get an idea of what they've been up to. It is exciting to see my friends graduate and my family pictures during Dashain. But life in the US is quite different from back home. I don't have a lot of friends. Thus, social interaction is limited. I've always been a quite person, so my social interaction skills are fine, and I don't really see that much of a change as well. It connects me to my friends and family silently too. Life is a lot different on social media. Reel life vs Real life. But, for me it hasn't really affected.

#### **Section 4: Online Learning and Academic Use**

4.1. How has the internet affected your approach to learning and education as a university student?

The internet for academic purposes is mandatory. There is no choice but to include the daily use of the internet in my approach to learning. Without the internet, I don't think the education system would work in the US. From assignment submission to getting help for paper writing and research, internet is required. It's a compulsion to be connected to the internet for academic purposes. Also, it plays a huge role in balancing academics and work too. Having internet is like having extra life when playing video games. It is mandatory and useful.

4.2. Can you describe your experiences with online courses or digital learning tools? How have they influenced your academic life?

My academic life is based and controlled by the internet. The entire education system is based on it. Some of my classes don't even have the option for the offline mode. It is fully online based. It is convenient for subjects that involve coding as I can learn at ease by staying home. I don't have to travel to the campus to attend the class. So, my academic life is a mix of both the online courses along with the digital learning tools. It is more convenient and cost effective. The online courses cost way cheaper than the physical classes and I like it.

#### **Section 5: Entertainment and Content Consumption**

5.1. How do you use the internet for entertainment and content consumption? What types of content do you engage with the most?

I am an online streamer. I play video games online and we have a separate community for that as well. That is mostly the entertainment consumption that I do on the internet but apart from that, I also watch a lot of series. So, the content consumption that I mostly do is those too. Additionally, I am updated on world affairs because of the internet as well. It is a hub of all the world affairs, so I also do engage with that a lot.

5.2. Are there any specific online platforms or communities that you consider vital for your entertainment or content consumption needs?

For watching series, I tend to lean towards Netflix and Amazon prime mostly. For online streaming video games, I love Fortnite, Dota 2 and league of the legends. These are the games that I mostly find myself playing. Online content consumption for entertainment is a vital part of my life. Whenever I get free time, I tend to engage myself in playing video games.

## **Section 6: Online Shopping and E-commerce**

6.1. What role does online shopping play in your life? Could you describe your online shopping habits, preferences, and any notable experiences?

Online shopping is a crucial part of my life. I can't find time to go to the malls and shop for myself. I think it is more costly to go to the malls, considering the bus fare. I live some blocks away from the city and I don't feel like doing the hassle of going to the malls to shop for myself. So, online shopping is far easier. I shop for my clothes or any supplies that I need through online mode. But for daily grocery shopping I go to the local store.

6.2. How has the internet influenced your consumer behavior and purchasing decisions?

The purchasing decision is based on the reviews that is given for a specific product. So, with that I tend to compare the products and try to purchase the best product. This helps to give me value for money that I paid for. So, in the US I do all the shopping online. It has its own perks and disadvantages. Sometimes my delivery will take months and it has the risk of getting lost in the mail. If that happens then it is a task to email the company and get the money back. So, it is tiring

sometimes but for a student who also works it is far more convenient to shop online than physically visiting the stores.

## **Section 7: Outlook**

7.1. How do you anticipate your internet usage patterns evolving in the future, especially in relation to your academic and personal life?

As a student in the US, I cannot imagine the students here not using the internet. I rarely see students going to the library to borrow books. They mostly lean towards the E-book. Most of the students here have kindles. So, they purchase books online and use the online form of the books. It is more convenient as you don't have to physically carry the books to the class. Also, to take notes they mostly use iPad. So, for academic purposes the internet is seen to be stagnant. As per the personal life, internet makes connecting easy and it has been a place for likeminded people to connect and form a community so I don't think for the personal life too internet will be less relevant.

7.2. Are there any concerns or hopes you have regarding the future of internet usage among university students?

I can say for international students in the US, we don't really get time to indulge in an addictive manner so, I would say it wouldn't be a concern for the students to be addicted to the internet, but it makes us more dependent on the internet. It might hinder the true sense of becoming a student, because honestly it somehow teaches us to find sleek ways to hide our plagiarism in our assignments and it is not ethical as a student. Along with that, students are finding ways to somehow overshadow their hard work. They mostly lean towards an easy way out to complete the assignment rather than really doing the assignment themselves.

## INTERVIEWEE 3

### **Section 1: Introduction and Demographics**

1.1. Can you briefly describe your experiences of using the internet as a university student?

It's just been a couple of months since I joined university. I feel like I am very inclined towards the internet to do things in general. Starting from the assignments to the general research I use the Internet. Also, I tend to watch a lot of videos on YouTube for reference and better

understanding. It helps me to get clarification to every confusion. Also, the library system and canteen system are based on apps, so I use the internet throughout the day.

#### 1.2. How would you describe your relationship with the internet and digital technology in general?

Till now, as a university student I can say that I have a very healthy relationship with the internet. My courses are not really paced right now, and I am not pressurized as of now from the academics but usually I have a healthy relationship with digital technology too. The internet should be treated like a pool of information which makes our life easier but apart from that I don't think I am completely based off on the internet. So, I would say I have a rather healthy relationship with the internet.

### **Section 2: Internet Usage Habits**

#### 2.1. Could you walk me through a typical day in your life as a university student in terms of internet usage? What websites or apps do you visit, and for what purposes?

So, my life as a university student is quite fun. I am on the internet quite often for entertainment purposes and for academic purposes. I normally update on social media throughout the day. Snapchat is one of the social media that I mostly use. It gives me the real time details of what my friends are up to, and it is also fun to send snaps of what you're currently doing. But I would say that as of now I am not using the internet rigorously for academic use. I sometimes google answers to the questions for my assignment and use websites that help me to do my assignments. Apart from that I am not really using the internet for academics. I am constantly on Instagram, Snapchat, and Facebook throughout the day. Also, I indulge in communicating with my friends and family over the internet too.

#### 2.2. What motivates you to use the internet regularly? Are there specific goals or needs that drive your internet usage?

I've never really thought about it. Like there isn't like a motivating factor to use the internet. It is more like an involuntary habit and maybe addiction at some level. Whenever I have nothing to do, I subconsciously pick up my phone and start to scroll. I watch memes and reels all day when I have nothing to do. So, in a way my specific goal to use the internet is to be entertained and just know about what people are doing. Most of my friends and family are constantly on the internet

so, whenever I don't use the internet, I feel like I miss out on a lot of things. So, the drive to use the internet is also to stay on the loop.

2.3. Are there any times or situations when you find yourself using the internet more intensively? Why do these situations prompt increased internet use?

I would say whenever I get the free time. As my university just started, I am trying to make new friends and just engage myself. But having said that we all are adding each other on the social media platform and making sure we are updated with each other. So, I guess that takes up a lot of the free time that I have. But in general, I spend a lot of time on social media applications. It is merely out of habit that has been developed overtime. But I do think that I cannot go a day without using the internet. It just feels empty and a little fear of missing out as well. Situations that prompt the increased use of the internet are the free time that I have right now.

### **Section 3: social media and Communication**

3.1. How do you use social media platforms in your daily life? Can you provide examples of how they impact your social interactions and relationships?

I use social media platforms every day of my life. Social media is bad when we use it extensively and obsessively but if used according to personal boundaries it helps to connect us with a lot of people. I use social media to constantly update what I am doing. I find it fun and love watching what people are up to. Social media is a blessing for me. I don't think I've gone a day without using social media platforms. My social interaction with people is just normal. The social media platform gives me a lot more things to talk about with people. Let's say the ongoing culture and trend are the hot topic right now. And my peers also know about it. So, it is more fun to discuss it with them and share our views and perceptions. If I don't really know about the topic of discussion, I feel like I am missing out on the entire conversation. So, social interaction is completely based on the topics that are known to us through the social media platforms.

3.2. Have you noticed any changes in your social life or relationships due to your internet and social media usage? If so, could you describe these changes?

I think my social relationship has been better since the use of social media. I feel like I am well informed about debatable topics, and I can discuss that with my friends. Social life is based on

how you place the internet as a priority. I love doing adventurous activities with my peers. We do all the planning and bookings over the internet which is more efficient and manageable. I don't think that the Internet and social life have such a deep relationship. The Internet is just like a bonus. We get to maintain our social relationships more easily over the internet.

#### **Section 4: Online Learning and Academic Use**

4.1. How has the internet affected your approach to learning and education as a university student?

As of now, I think that education in general is completely based on the internet. As a university student, I get help from the internet to complete my assignments. I also watch videos online to get a better understanding of the subject matter that I am confused with. Especially post covid I think the institution are also adopting the digital approach to learning so, the assignments and tasks are posted online. The main form to submit the assignment is the e-mails. So, I think as a university student I am very much involved with the internet to learn.

4.2. Can you describe your experiences with online courses or digital learning tools? How have they influenced your academic life?

I find that digital learning tools and online courses are very convenient. My college does not offer online courses, but digital learning helps the searching for a specific topic very simple. The resources are posted according to a specific topic which makes it easier to search for them. Unlike books, where I must manually search for certain content, digital learning makes it way easier and faster as well. My academic life is influenced by digital learning tools. Carrying only my laptop is enough for all my classes. It is more convenient to just carry a digital device than 4 books.

#### **Section 5: Entertainment and Content Consumption**

5.1. How do you use the internet for entertainment and content consumption? What types of content do you engage with the most?

I use the internet for entertainment and content consumption by engaging myself on the social media. I constantly use social media for fun and I think it takes much of my time. But apart from that I also like to watch movies and series on the internet. The content consumption that I do on the internet is mostly the general social media and things that teenagers do. I have to say that I don't really use the internet rigorously for academic purposes.

5.2. Are there any specific online platforms or communities that you consider vital for your entertainment or content consumption needs?

I think for me it is a social media platform. Whether we like it or not, social media plays a huge role in our life. We are connected through social media. It is also a hub for entertainment. Social media can be harmful when we take it too possessively. But if we use social media in a certain manner then I think it can be both for connection purposes and at the same time for entertainment purposes.

### **Section 6: Online Shopping and E-commerce**

6.1. What role does online shopping play in your life? Could you describe your online shopping habits, preferences, and any notable experiences?

My online shopping habits were quite random during the lockdown period. I can say that I would purchase things that did not make any sense, for example a flowerpot holder. Who needs a flowerpot holder in the middle of the pandemic? So, as of now I don't indulge in online shopping as much. I don't normally tend to reach for online mode of shopping. Also, after ordering clothes that were low quality with high prices, I don't like to shop online. It is more fun to go friends for shopping and we can also have a lot of choices to choose from. So, I normally don't prefer the online mode of shopping.

6.2. How has the internet influenced your consumer behavior and purchasing decisions?

The Internet has helped me a lot to make worthy purchasing decisions. As a buyer, my concern is the quality of the products that I buy and their worth for the money I pay. With the internet, research facilities and pool of information has helped me to stop making absurd purchases. For example, when I do shop online let's say Daraz, I look at the reviews before making the decision to buy the product. It does save me from the hassle of returning and get a refund for the product in case I don't like it. So, the internet helps to influence buying decisions.

### **Section 7: Outlook**

7.1. How do you anticipate your internet usage patterns evolving in the future, especially in relation to your academic and personal life?

I cannot even think that internet usage patterns will ever reduce in the future. I think that it is only bound to grow, both in the academic sector and in personal life. It is easy to keep track of everything on the internet. The academics are quite inclined towards the use of the internet already. For a developing country like Nepal, it is not as popular as of now, but I can see that progressively increasing in the upcoming years. It will be more about the digital medium of learning than the traditional style. As for the personal life, the internet will be more relevant as we are already so much involved with the internet. The Internet will play a huge role in the personal life in the future as well.

7.2. Are there any concerns or hopes you have regarding the future of internet usage among university students?

For university students, I think the internet will be a must. It is already right now but I feel that it will be more in demand later as well. As of now, Nepalese universities haven't quite mastered in including the digital form of education quite yet but my professors present slides which are prepared from books and references from the internet. So, somehow, we are progressing towards the digital method of learning. Along with that the references and the resources that the professors provide are also through the online mode. Hence, for university students I can say that the use of the internet will be more relevant in the future as well.

#### INTERVIEWEE 4

#### **Section 1: Introduction and Demographics**

1.1. Can you briefly describe your experiences of using the internet as a university student?

My experience of using the internet as a university student has been very helpful, in terms of research work and finding reading material related to my subjects. It has given me numerous information and tips to write my papers and do well in my assignment. Without the internet, my academic journey would be difficult.

1.2. How would you describe your relationship with the internet and digital technology in general?

1.3. My relationship with the internet has been very cordial. As a university student, I frequently get help from the internet and digital medium for learning. So, the internet academics and my personal life go hand in hand.

## **Section 2: Internet Usage Habits**

2.1. Could you walk me through a typical day in your life as a university student in terms of internet usage? What websites or apps do you visit, and for what purposes?

I wake up using Instagram, messenger, and Gmail to check for any recent updates. During the day, if necessary, I use Google and Gamil for work and study purposes. At night I surf TikTok for entertainment.

2.2. What motivates you to use the internet regularly? Are there specific goals or needs that drive your internet usage?

The curiosity to find new things motivates me to use the internet daily. No.

2.3. Are there any times or situations when you find yourself using the internet more intensively? Why do these situations prompt increased internet use?

Yes, during weekends when I have no work during those days, I find myself surfing on the internet intensively. These situations occur due to lack of productiveness.

## **Section 3: social media and Communication**

3.1. How do you use social media platforms in your daily life? Can you provide examples of how they impact your social interactions and relationships?

I use social media through my phone. Social media builds a bridge of communication for my friends who are living in different countries and with my family members who live out of valley.

3.2. Have you noticed any changes in your social life or relationships due to your internet and social media usage? If so, could you describe these changes?

Yes, my social life with the internet seems to be more engaging as I can share minute details of my day without meeting anyone in person.

## **Section 4: Online Learning and Academic Use**

4.1. How has the internet affected your approach to learning and education as a university student?

With the help of the internet my approach to learning and education as a university student has been more insightful, as I can find many resources of my need quickly.

4.2. Can you describe your experiences with online courses or digital learning tools? How have they influenced your academic life?

My experience with online courses and digital learning tools has been very engaging and good learning experience as remotely I am able to learn new learnings at my own pace. It has influenced my academic life in a more structured and informative manner.

### **Section 5: Entertainment and Content Consumption**

5.1. How do you use the internet for entertainment and content consumption? What types of content do you engage with the most?

I use various apps for entertainment and content consumption such as TikTok, Instagram reels, YouTube, reddit, etc. My content consumption varies from day to day and depends on the mood.

5.2. Are there any specific online platforms or communities that you consider vital for your entertainment or content consumption needs?

Yes, YouTube.

### **Section 6: Online Shopping and E-commerce**

6.1. What role does online shopping play in your life? Could you describe your online shopping habits, preferences, and any notable experiences?

It does play a partial role as I order essentials like skin care, body essentials, etc. It is easier and products like that are the same if we are well informed about the brands and their results. So, I prefer buying those products online.

6.2. How has the internet influenced your consumer behavior and purchasing decisions?

The tempting marketing does affect my purchasing decisions. I find myself buying products that I don't really need but the internet makes it seem like it is worth it, and I purchase the product.

## Section 7: Outlook

7.1. How do you anticipate your internet usage patterns evolving in the future, especially in relation to your academic and personal life?

In the future, I anticipate my internet usage patterns evolving to support my academic and personal life in several ways. As I progress in my studies, I'll likely rely more on online research materials, collaborative platforms, and virtual classes. Additionally, I plan to use the internet to enhance my personal development, exploring online courses and networking opportunities relevant to my career goals. Overall, my internet usage will become increasingly integral to both my academic and personal growth.

7.2. Are there any concerns or hopes you have regarding the future of internet usage among university students?

I have both concerns and hopes regarding the future of internet usage among university students. I'm concerned about the potential for increased distractions and the misuse of online resources, which could impact academic performance. Additionally, there's the issue of privacy and data security, which needs to be addressed to protect students' information. On the positive side, I hope that universities continue to leverage the internet for innovative and inclusive learning experiences. With the right tools and platforms, online education can offer flexibility and accessibility, benefiting students from diverse backgrounds. I also hope that students use the internet as a valuable resource for research, networking, and personal growth, harnessing its potential for self-improvement and career development.

INTERVIEWEE 5

## Section 1: Introduction and Demographics

1.1. Can you briefly describe your experiences of using the internet as a university student?

As a university student, I find myself using the internet for almost everything. I go on to the internet to find study materials, research, entertainment purposes and for almost everything. I think that just using electronic devices such as the phone, laptop etc. is meaningless without the installation of the internet. It is like having food with no salt. So, as a university student I feel that using the internet is very important.

1.2. How would you describe your relationship with the internet and digital technology in general?

As an international student, the internet and digital technology plays a vital role in making sure that I do all my academic tasks on time while balancing my work. It is harder to go find books in the library and use them as a reference. The most convenient and easier way is the internet and digital technology. Besides, everything that we do here is based on the online mode like submitting papers, assignment etc.

## **Section 2: Internet Usage Habits**

2.1. Could you walk me through a typical day in your life as a university student in terms of internet usage? What websites or apps do you visit, and for what purposes?

In a typical day, I mostly use social media for entertainment and generic information. I wake up using social media and before I go to bed, I tend to use social media again. Throughout the day as well I constantly use social media. Apart from that, I mostly visit fashion websites for clothes as I am a keen fashionista. Along with that, I use Netflix mostly to watch something there while I am eating or just to chill in general.

2.2. What motivates you to use the internet regularly? Are there specific goals or needs that drive your internet usage?

The thing that motivates me to use the internet is my dependency on the internet. I cannot get my work done without the internet. From my academics to recreational activities to work I need internet to function. As an international student, work-life balance is my top priority. So, for that reason I am motivated to use the internet constantly throughout the day. Also, specific goals would include me getting my things done with ease. My internet usage pattern is quite random as well. During the weekends, I try to restrain myself from using the internet too much. But again, I must call back home and talk to friends too. So, this mostly takes my weekends but apart from that I don't really use the internet over the weekend. I think it is more important to take care of myself and be away from the internet just for a while.

2.3. Are there any times or situations when you find yourself using the internet more intensively? Why do these situations prompt increased internet use?

Yes, when I first came to the US. I didn't find a job right away so; I had a lot of free time after my classes. Thus, I was constantly on the internet for so long. So, I realized that whenever I get free time, I tend to overuse the internet and be addicted to it. So, since then I have made a rule to not use the internet over the weekends. I was using the internet so intensively that I forgot to perform my daily activities. At times, I would get so lost in the series that I used to watch on Netflix that I would forget eating a meal. So, boredom and free time prompts internet use.

### **Section 3: social media and Communication**

3.1. How do you use social media platforms in your daily life? Can you provide examples of how they impact your social interactions and relationships?

Social media is a part of my life. I am constantly on social media. I upload pictures regularly and like to interact with people on my social media. They are normally my friends and family so; I just like to indulge with everybody on my social media. As for the social interaction, I think that my it has been more online for me because I normally don't like to go out. I like to stay in and watch movies on Netflix or talk to my friends and family back home. So, the internet has helped me to be more connected back home. Social interaction is not quite harmed by the internet because I am the same as I was before when I talk to people face to face.

3.2. Have you noticed any changes in your social life or relationships due to your internet and social media usage? If so, could you describe these changes?

I don't think so. Social life and the internet go hand in hand. But it hasn't impacted my social interaction with people that I meet in real life. Social media usage is supposed to be making us connected to people that we don't get to see in real life often. And for me, that is the case. I don't let social media overpower me to the point where it affects my social interaction with people. The case has been opposite where I tend to talk to people more than the face-to-face interaction. It is because of the work and school schedule that I feel that social interaction is more convenient over the internet.

### **Section 4: Online Learning and Academic Use**

4.1. How has the internet affected your approach to learning and education as a university student?

The internet is the most helpful for academic purposes. As an international student, I struggle to manage time for work and assignments. The internet being the pool of information is quite helpful to get my assignments done quickly. Also, I would say it has negatively affected me in the sense that I am quite dependent on it. I even search for the fastest ways to memorize something on the internet. That is how dependent I am. Well, it is easier and convenient too. Whenever I miss some lectures, the lecturer uploads the video on the college portal which makes it more convenient to cover up the missed portion of the class. It keeps me up to date with the classes and even the notes are easier to get access to over the internet.

4.2. Can you describe your experiences with online courses or digital learning tools? How have they influenced your academic life?

The digital learning tools and online courses are the best discovery according to me. I use the college portal for all the information regarding my classes and the assignments. Apart from that, I am engaged with the academic websites that are available easily on the internet. I also take online courses from sources such as Udemy for extra knowledge and the courses that I have interest in. So, digital learning tools make the learning process simpler and more convenient. Sometimes, I watch lecture videos while eating or when I am free, which is only possible through the digital method of learning.

## **Section 5: Entertainment and Content Consumption**

5.1. How do you use the internet for entertainment and content consumption? What types of content do you engage with the most?

Right now, I am trying to limit the time that I spend on the internet. I was kind of addicted to the internet when I forgot to eat and do my daily chores because my eyes were always glued to my laptop. Especially during the lockdown, it was difficult to not be on the internet all the time. So, as of now I only use social media for entertainment and content consumption. I have pretty much finished every series on Netflix, so I have decided to not entertain myself watching series or movies on the internet.

5.2. Are there any specific online platforms or communities that you consider vital for your entertainment or content consumption needs?

I think for most university students it is Netflix for movies and series. And, for just daily scrolling any social media according to personal preferences. People have their priorities for content consumption according to their personal perception. So, it depends. But for me I think as I am trying to limit my use of the internet, I am mostly just on social media like Instagram, Pinterest etc.

## **Section 6: Online Shopping and E-commerce**

6.1. What role does online shopping play in your life? Could you describe your online shopping habits, preferences, and any notable experiences?

At a certain point, I was totally addicted to online shopping. I would purchase things like bath bombs, scrubs etc. whenever I saw some sort of offer on them. I would know that I don't need the product, but it was just the offers and the discounted pricing that I would purchase. I mostly order products through Amazon, Shein and Princess Polly. I mostly shop for beauty products from Sephora or Ulta. Especially during the holiday season, the sale price would make me buy the products. As of now, I do shop a lot online because I don't have the time to go to the mall and whenever I receive a package at the mail, I feel like I am getting a present for myself even though I paid for it and ordered myself.

6.2. How has the internet influenced your consumer behavior and purchasing decisions?

A lot. I get these emails from the shops that I normally shop in which I cannot help but notice. In my mind I always think that if I buy the product now when it is discounted, I can use it later. This way I feel like I am saving money. The internet marketing tactics are no joke. They will keep sending you emails like that until you indulge in buying the product. So, I would say that consumer behavior and purchasing decisions are highly influenced by the internet.

## **Section 7: Outlook**

7.1. How do you anticipate your internet usage patterns evolving in the future, especially in relation to your academic and personal life?

I think that the internet will be more powerful than ever. The internet controls almost every aspect of our lives. From businesses to connecting with people, it is only bound to grow. We can take the example of the library in universities. I can see a lot of students going there to get access

to the internet to work on their laptops rather than borrowing books, which is the main purpose of the internet. So, I would say for both personal life and academics the internet will always be relevant.

#### 7.2. Are there any concerns or hopes you have regarding the future of internet usage among university students?

University students are dependent on the internet for research purposes and for personal reasons. So, I see that university students in the future will also be equally dependent on the internet. We live in a digitally growing world. The internet is not limited to a certain amount of information. Every day the internet is updated with new information and this way university students can access the latest and up to date information. So, I see the future university students using the internet in a more advanced and better way than we do today.

### INTERVIEWEE 6

#### **Section 1: Introduction and Demographics**

##### 1.1. Can you briefly describe your experiences of using the internet as a university student?

The Internet can be tricky. I tend to use the internet especially for my academic purposes but also, I use it for personal entertainment and to talk to family back home. As of now, the internet is especially helpful for me to get information on different universities as I am applying for my master's degree. But overall, the internet usage is high and every day as a university student.

##### 1.2. How would you describe your relationship with the internet and digital technology in general?

Digital technology is a boon for the students. Not just for university students, but students in general and even for teachers, it is a pool of information. So, my personal relationship with the internet is quite close. I tend to search for everything that I am curious about on the internet. With that, I also indulge in my academic research on the internet. Right now, I am using the internet more than ever for the information that I require for applying to different universities.

#### **Section 2: Internet Usage Habits**

2.1. Could you walk me through a typical day in your life as a university student in terms of internet usage? What websites or apps do you visit, and for what purposes?

Sure. On a typical day I would say that I use the internet right after I wake up. I scroll through the feeds of different social media platforms. And throughout the day as well my engagement with the internet is quite high. The apps that I mostly visit are just social media websites and search engines like google. Starting from academic resources to entertainment purposes, I am engaged on the internet so, that is what my typical day looks like.

2.2. What motivates you to use the internet regularly? Are there specific goals or needs that drive your internet usage?

There is no such motivation as using the internet, it is out of mere necessity. To access to any kind of social engagement the internet is required. Also, for any information that one may need they access to the internet to search for the answers. It is because the internet is so much more convenient than asking around or wondering for the answers. There aren't any specific goals to be achieved, it is more about the convenience that the internet gives and the ease it provides to get our work done.

2.3. Are there any times or situations when you find yourself using the internet more intensively? Why do these situations prompt increased internet use?

Yes, I do. Whenever I must be done with an assignment or paper, I tend to use the internet all day. There is nothing wrong with using the internet for a longer period until it is for the right reasons. But sometimes I do find myself using the internet for entertainment like watching movies all day, which makes me feel unproductive and guilty later. The situation that prompts the increased internet use is the necessity of free time.

### **Section 3: social media and Communication**

3.1. How do you use social media platforms in your daily life? Can you provide examples of how they impact your social interactions and relationships?

I use social media platforms to specially be in the loop to what is happening in the digital world. It is a pressure to be updated with the current trends, otherwise there is nothing to talk about with your peers. Well, this is an opinion, but I do think that being out of the loop will make me miss

out on things. So, basically to be updated with the world I use the social media platforms. As for my social interaction with people, it connects me to people that live far away from me and like I said earlier, social media will give me topics to talk about with my peers. So, I can sound well informed when I talk to my peers about it. My social interaction and relationships are bettering with the internet being in the picture.

3.2. Have you noticed any changes in your social life or relationships due to your internet and social media usage? If so, could you describe these changes?

I've heard people say that using too much social media is harmful, which is true. But for me I maintain a very healthy relationship with the internet and limit its impact on my personal life. Personal life shouldn't be controlled by social media. Social media for me is just a way to be informed on the recent trends and with that I have formed a better relationship with my peers and family. So, the internet is not to be blamed for the social interactions that we do. So, I've noticed positive control in my social relationships due to the internet. I can connect to people whenever I want. This is where I love the internet. Unlike social interaction which can be pressurizing sometimes, the internet allows us to get back to people when we want. I can text back my friends when I feel like and want to talk but face-to-face interaction can be difficult to avoid when I don't feel like having a conversation.

#### **Section 4: Online Learning and Academic Use**

4.1. How has the internet affected your approach to learning and education as a university student?

The Internet has helped my education for the better. It has given me an opportunity to expand my knowledge outside of the coursebook. Also, it has given me a perspective to put the textual concept into different aspects. Through internet we are exposed to so much information that can be useful to us in the longer run. It gives us an idea about how the theory connects to real life. A lot of videos and articles can be found on the internet which are useful to us in terms of coursebook and for real life learning.

4.2. Can you describe your experiences with online courses or digital learning tools? How have they influenced your academic life?

My life is easier through the adoption of digital learning. Sometimes when I don't understand any coursework, I go to YouTube for videos. I also have a lot more videos to choose from and if I feel like that is not enough, I can go through other videos available on the internet. Along with that, platforms like Google Meet and Zoom allows us to have online sessions with our peers and professors at the convenience of everybody which is also one of the reasons to love the digital learning tools. Through Google drive we can share study materials with each other without much hassle. These are my experiences with digital learning tools. My academic life has been greatly helped using digital learning tools.

## **Section 5: Entertainment and Content Consumption**

5.1. How do you use the internet for entertainment and content consumption? What types of content do you engage with the most?

The content that I watch for entertainment purpose is the social media and along with that I also engage in the Stand-up Comedies by Indian artists. I love watching those videos on the internet. After a hectic day, I like to spend some time watching those videos which are usually 10-15 minutes long. These videos make my mind fresh, and I then can go do any work or assignments. Along with that, I sometimes like to watch crime documentaries on Netflix too.

5.2. Are there any specific online platforms or communities that you consider vital for your entertainment or content consumption needs?

I don't have a specific online platform that I consider the best when it comes to consumption for entertainment. It is all about personal preferences. I usually use TikTok when I'm bored as the short clips in the TikTok are quite engaging and fun to watch. Usually, I don't have a certain preference for platform. It is about what I am feeling like to do. So, there isn't any vital platform that I consider using for entertainment purposes.

## **Section 6: Online Shopping and E-commerce**

6.1. What role does online shopping play in your life? Could you describe your online shopping habits, preferences, and any notable experiences?

I shop online sometimes. I order essentials like skincare and makeup through online medium as there is no point if I go to the store physically myself or if I order online. It is because these

products are repetitive purchases and I know what the product is. So, you can say that I buy repetitive products online more than those products that I am buying for the first time. For other things like gadgets and clothes I go to the store physically and check it out by myself.

#### 6.2. How has the internet influenced your consumer behavior and purchasing decisions?

Whenever I must buy any product, I go on to the internet to look for a product review. People nowadays buy most of their purchases online and leave reviews under it. This is very helpful for the prospective buyers as we can go and see the reviews and decide for ourselves. So, I think the internet influences my buying decisions for the positive aspects.

### **Section 7: Outlook**

#### 7.1. How do you anticipate your internet usage patterns evolving in the future, especially in relation to your academic and personal life?

I think that the internet has a direct relationship with the academic and personal life of an individual. So, for me I will continue to maintain a healthy relationship with the internet for my personal use and for academic reasons. The internet is bound to have all the updated information and whenever I need any updated information I will go to the internet for the search. Also, I am planning to move abroad for my further education so, for that reason too I will have to use the internet to communicate with my family and friends back home. Also, to update my life on social media it is important to have access to the internet.

#### 7.2. Are there any concerns or hopes you have regarding the future of internet usage among university students?

The internet teaches students to be smart with their assignments. It is true that the internet helps us to perform well academically but it certainly has its loopholes. We can see plagiarism on the assignments that we do. Well, as a student myself I shouldn't really be pointing out that but it's true. With that, it also helps us or more like suggests us to smartly hide the plagiarizing. The internet helps to reduce the authenticity of the assignments that students produce themselves. So, that is one of the concerns that I have for the university students in the future.

## MAJOR FINDINGS

In interviews with university students regarding their internet usage, several prevalent themes emerged. Foremost, the internet serves as an invaluable tool for academic pursuits. Students heavily rely on it for accessing research materials, digital libraries, and educational resources. It's their go-to source for information crucial to their studies. Moreover, social networking remains a cornerstone of their online experience. Platforms like Facebook, Instagram, and Twitter facilitate connections, group discussions, and event updates. These serve not only as social hubs but also as information-sharing platforms, integral to their university experience.

Entertainment also holds a significant place in their internet usage. Streaming services for movies, music, and gaming platforms are widely popular among students for leisure and relaxation. It's a prevalent means of unwinding after demanding academic schedules. Communication tools like email, messaging apps, and video calls are central to their interactions, whether for academic discussions or social engagements. These channels are often the primary mode of quick and effective communication. Additionally, many students highlighted their reliance on online learning platforms and courses for supplementing their education and acquiring additional skills beyond their curriculum.

The common assumption that increased internet usage diminishes face-to-face social interaction is not entirely accurate. Contrary to this belief, the internet has broadened and enriched the landscape of social interaction. While it's true that certain online engagements might replace some traditional in-person interactions, the overall impact is one of expansion rather than reduction. Platforms like social media have extended the reach of social connectivity, transcended geographical barriers and enabled connections across the globe. Moreover, these digital spaces act as a vital bridge, helping people maintain relationships despite physical distance or busy schedules. Beyond personal relationships, the internet fosters the formation of online communities, forums, and interest-based groups, uniting individuals with shared passions or concerns. These spaces not only facilitate interaction but also serve as support networks, providing advice, empathy, and assistance.

However, amidst these positive aspects, concerns were raised about privacy and security. Students expressed worries about the use of their personal data on various online platforms and the need for improved protection. Balancing their digital and offline lives is crucial, as many acknowledged the

need to disconnect periodically for their mental and emotional well-being. They emphasized the importance of maintaining a healthy balance between their online and offline activities. Challenges were also highlighted regarding internet access and connectivity. Some students faced difficulties due to poor connectivity or limited access to essential online resources, impacting their academic pursuits. Overall, these interviews painted a comprehensive picture of the internet's multifaceted role in the lives of university students, influencing their education, social interactions, entertainment, and daily activities.

The interviews were conducted among students from different universities in Nepal and the US. To gain the wider perspective of university students, three students were female and three were male. Among that, two students were studying in the US while four students were based on Nepalese university. Also, with that two students were about to graduate, two just joined and two are in the process of undergraduate degree. The common findings that were drawn from all the interviewees were that the internet is as essential as water, social interaction is higher through the internet as everybody has different schedules and given that, they best connect through the social media platforms. The use of the internet is also seen in the entertainment region by all the interviewees but based on personal preferences.

So, to say the least internet consumption among the university students is very high. From using the internet for entertainment to work, students require the internet. The common conclusion drawn is that students and the internet are inseparable.

## CHAPTER-V

### SUMMARY, DISCUSSION AND CONCLUSION

#### **5.1 Summary**

Internet usage among university students is extensive and diverse. These students often use the internet for a multitude of purposes, including academic research, communication, entertainment, and social media. Academic pursuits involve accessing online libraries, journals, and educational resources. Communication tools like email, messaging apps, and video conferencing platforms are widely utilized. Social media platforms play a significant role in their social lives, enabling connectivity and information sharing. Entertainment, such as streaming services, gaming, and online content consumption, also contributes to their internet usage. However, excessive time spent online can lead to concerns about productivity, mental health, and maintaining a balance between academic responsibilities and leisure activities. Various factors, including the availability of technology, personal interests, and societal trends, influence internet usage patterns among university students.

The internet is an indispensable tool in the academic landscape for university students. Its primary role lies in providing access to a vast array of educational resources, enabling research, and aiding in the completion of assignments and projects. Digital libraries, academic databases, and online journals are crucial components of their academic pursuits. Moreover, online learning platforms and resources offer supplementary materials, contributing to a more holistic educational experience. Communication forms a significant part of their internet usage. Various platforms such as email, instant messaging apps, and social media are pivotal for staying in touch with peers, professors, and family members. This not only fosters academic discussions but also helps in maintaining social connections, both locally and globally. The internet also acts as a medium for networking and collaboration on academic projects or extracurricular activities. Entertainment is a major facet of internet usage among university students. Streaming services, online gaming, and digital content consumption (including music, videos, and social media content) serve as avenues for relaxation and leisure. This aspect often helps in alleviating the stress associated with academic commitments.

The internet also caters to their practical needs. Online shopping for textbooks, gadgets, clothing, and various other essentials is a common practice due to its convenience and often competitive pricing. Additionally, productivity tools like cloud-based applications, project management software, and digital planners aid in organization and collaborative work. The diversity in internet usage patterns among university students is influenced by several factors, including access to technology, socio-economic backgrounds, individual preferences, and the prevailing cultural and technological trends. Understanding these patterns helps in addressing both the advantages and challenges associated with the internet's pervasive presence in the lives of university students.

## 5.2 Discussions

The internet usage patterns among university students reflect a multifaceted relationship with technology. This relationship extends across various spheres, impacting academic pursuits, social interactions, entertainment, and lifestyle choices.

**Academic Dependency:** University students heavily rely on the internet for academic purposes. It serves as an extensive repository of knowledge, providing access to academic databases, digital libraries, and scholarly articles. Ease of access to information aids in research, assignment completion, and overall learning. However, this dependency can sometimes lead to issues like plagiarism due to easy access to information.

**Communication and Social Interaction:** The internet has revolutionized communication for this demographic. It enables instantaneous communication via email, messaging apps, and social media platforms. These platforms not only facilitate academic discussions but also help in maintaining social connections. However, over-reliance on these platforms might lead to decreased face-to-face interactions and potential issues in building strong personal relationships.

**Entertainment and Leisure:** The internet offers a vast array of entertainment options, from streaming services to online gaming and content consumption. While it provides relaxation and stress relief, excessive engagement can lead to procrastination and reduced focus on academic responsibilities.

**E-commerce and Practical Usage:** Online shopping is a significant aspect of their internet usage, making it convenient to purchase items like textbooks, gadgets, and clothing. However, this convenience might lead to overspending or impulsive purchases.

Productivity Tools: The internet is a hub for various productivity tools, aiding in collaboration, project management, and organization. However, dependence on these tools might hinder the development of traditional organizational skills.

Challenges and Concerns: Excessive internet usage among university students raises concerns about its impact on mental health, productivity, and overall well-being. Issues like digital addiction, decreased attention spans, and potential social isolation due to excessive screen time are areas of concern.

The diversity in internet usage patterns is influenced by factors such as individual preferences, access to technology, socio-economic backgrounds, and cultural norms. Understanding these patterns is crucial in addressing the positive and negative impacts of excessive internet usage on the lives of university students. Maintaining a healthy balance between the advantages of technology and its potential pitfalls is essential for their academic success and overall well-being.

### 5.3 Conclusion

Initially, I thought that after the lockdown the internet usage patterns among the university students would be high considering the amount of time, we indulged in the online medium for everything. So, through that the social interaction or face-to-face interaction were assumed to be severely hampered by me. But the respondents say that the internet has given them an opportunity to be more interactive with people. All the respondents thought that they had been better socially as they are more informed about the happenings of the world and have more to talk about among their peers. Also, I was assuming that the reliance on the internet for academics would be slowed down after the lockdown, but the case here is totally opposite. Students have found better ways to include the internet into their academic lives. It seems fair seeing the relevance of the internet on everything that we do today. . While it fosters connectivity, it might also erode face-to-face interactions. It provides educational support but could potentially lead to academic misconduct. It entertains and offers convenience, yet excessive use can lead to distractions and detachment from real-world experiences. Finding a harmonious equilibrium between leveraging the internet's advantages and mitigating its potential downsides is crucial. Universities and individuals must emphasize digital literacy, responsible usage, and holistic well-being, ensuring that students harness the internet's potential while safeguarding against its pitfalls. A conscientious approach

toward internet usage among university students involves cultivating a healthy relationship with technology, integrating it as a tool for growth without compromising mental health, academic success, or social connections.

The internet has seamlessly integrated into the lives of university students, offering a multifaceted tool that significantly influences their academic, social, and personal spheres. It serves as a repository of knowledge, aiding research, and learning, while communication platforms facilitate instant connections and collaboration. However, the pervasive nature of the internet brings both advantages and challenges. While it offers entertainment, convenience, and productivity tools, there are concerns about its impact on mental health, academic focus, and social interactions. Striking a balance between leveraging the benefits of the internet and mitigating its potential drawbacks is essential. Understanding these usage patterns helps in fostering a healthier relationship with technology, ensuring that university students harness its potential while managing its influence on their overall well-being. Adaptability, responsible usage, and a balanced approach are key in navigating the complex landscape of internet usage among university students.

## REFERENCES

- Amponsah, K. D. (2022). The Impact of Internet Usage on Students' Success in Selected Senior High Schools in Cape Coast metropolis, Ghana. *European Journal of Educational Sciences*, 9(2), 1-18.
- Anand, N., Jain, P. A., Prabhu, S., Thomas, C., Bhat, A., Prathyusha, P. V., ... & Cherian, A. V. (2018). Prevalence of excessive internet use and its association with psychological distress among university students in South India. *Industrial psychiatry journal*, 27(1), 131.
- Asdaque, M. M., Khan, M. N., & Rizvi, S. A. A. (2010). Effect of internet on the academic performance and social life of university students in Pakistan. *Journal of Education and sociology*, 4(3), 21-27.
- Asimah, A. P., & Dzogbede, E. O. (2020, October). Internet usage and its effect on the lifestyle of university students. In *Information and Knowledge Management* (Vol. 10, No. 7, pp. 35-44).
- Bargh, J. A., & McKenna, K. Y. (2004). The Internet and social life. *Annu. Rev. Psychol.*, 55, 573-590.
- Berson, I. R., Berson, M. J., & Ferron, J. M. (2002). Emerging risks of violence in the digital age: Lessons for educators from an online study of adolescent girls in the United States. *Journal of School Violence*, 1(2), 51-71.
- Boase, J., & Wellman, B. (2006). Personal relationships: On and off the Internet. *The Cambridge handbook of personal relationships*, 8, 709-723.
- Emeka, U. J., & Nyeche, O. S. (2016). Impact of internet usage on the academic performance of undergraduates students: A case study of the university of Abuja, Nigeria. *International Journal of Scientific & Engineering Research*, 7(10), 1018-1029.
- Hendel, D. D., & Harrold, R. D. (2004). Undergraduate student leisure interests over three decades. *College Student Journal*, 38(4), 557-569.

- Iyitoğlu, O., & Çeliköz, N. (2017). Exploring the impact of internet addiction on academic achievement. *European Journal of Education Studies*.
- Khalid, H. (2017). The effects of social networks on Pakistani students. *Journal of Information Technology & Software Engineering*, 7(3), 1-6.
- LaRose, R., Eastin, M., Gregg, J., LaRose, R., Eastin, M. S., & Gregg, J. (2001). Reformulating the Internet paradox. *Journal of online behavior*, 1(2).
- Prasetyo, M. M., & Nurhidayah, N. (2021). The effect of internet use on improving student learning outcomes. *Journal of Education Technology*, 5(4), 511-519.
- Puspita, R. H., & Rohedi, D. (2018, February). The impact of internet use for students. In *IOP Conference Series: Materials Science and Engineering* (Vol. 306, No. 1, p. 012106). IOP Publishing.
- Sahin, Y. G., Balta, S., & Ercan, T. (2010). The use of internet resources by university students during their course projects elicitation: A case study. *TOJET: The Turkish Online Journal of Educational Technology*, 9(2).
- Servidio, R. (2014). Exploring the effects of demographic factors, Internet usage and personality traits on Internet addiction in a sample of Italian university students. *Computers in human behavior*, 35, 85-92.
- Singh, N., & Barmola, K. C. (2015). Internet addiction, mental health and academic performance of school students/adolescents. *Int J Indian Psychol*, 2(3), 98-108.

## APPENDIX

### **Section 1: Introduction and Demographics**

- 1.1. Can you briefly describe your experiences of using the internet as a university student?
- 1.2. How would you describe your relationship with the internet and digital technology in general?

### **Section 2: Internet Usage Habits**

- 2.1. Could you walk me through a typical day in your life as a university student in terms of internet usage? What websites or apps do you visit, and for what purposes?
- 2.2. What motivates you to use the internet regularly? Are there specific goals or needs that drive your internet usage?
- 2.3. Are there any times or situations when you find yourself using the internet more intensively? Why do these situations prompt increased internet use?

### **Section 3: social media and Communication**

- 3.1. How do you use social media platforms in your daily life? Can you provide examples of how they impact your social interactions and relationships?
- 3.2. Have you noticed any changes in your social life or relationships due to your internet and social media usage? If so, could you describe these changes?

### **Section 4: Online Learning and Academic Use**

- 4.1. How has the internet affected your approach to learning and education as a university student?
- 4.2. Can you describe your experiences with online courses or digital learning tools? How have they influenced your academic life?

### **Section 5: Entertainment and Content Consumption**

5.1. How do you use the internet for entertainment and content consumption? What types of content do you engage with the most?

5.2. Are there any specific online platforms or communities that you consider vital for your entertainment or content consumption needs?

### **Section 6: Online Shopping and E-commerce**

6.1. What role does online shopping play in your life? Could you describe your online shopping habits, preferences, and any notable experiences?

6.2. How has the internet influenced your consumer behavior and purchasing decisions?

### **Section 7: Outlook**

7.1. How do you anticipate your internet usage patterns evolving in the future, especially in relation to your academic and personal life?

7.2. Are there any concerns or hopes you have regarding the future of internet usage among university students?