**1. Based on your result, how would you assess yourself in terms of Internet usage and Internet addiction?**

-Spending excessive time on my phone, browsing through social media platforms like Facebook, Instagram, and TikTok, has caused me to neglect important tasks such as household chores, school activities, and getting enough sleep, resulting in negative consequences.

**2. How would you improve your digital and online habits?**

-Creating a planner or to-do list outlining my priorities and consistently following through with it will enhance my efficiency in completing tasks and staying socially engaged. Additionally, adopting this habit will mitigate the negative impacts of excessive internet usage on my well-being.

**3. What ways can you suggest to your peers to avoid developing Internet or computer addiction?**

A screenshot of a computer

Description automatically generated -Engage socially by participating in organizations aligned with your interests, setting clear goals, and prioritizing actions that support their achievement. Restrict internet usage and focus on cultivating new skills or hobbies for personal growth.