

## Survey of studies on effect of excessive use of Internet on Study Habits of Students

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### Abstract

*Internet has become the new information super highway. It has devised a new and fast innovation ecosystem in almost all field including education. Students are being exposed to new learning systems. Availability of overwhelming information about various fields and especially social networking and online gaming have given birth to new kind of disorder namely Internet Addiction Disorder (IAD) which is affecting the study habits of the students. Study habits means study on a scheduled, regular or on planned basis., that is not relegated to second place or optional place in one's life. To study is to buy out the time and dedicated self to application and the task of study which is to become engrossed process of learning practice, enlightenment, education of one's life. In current study we have tried to focus on the internet addiction among students and its impact on their study habits. In this paper we have conducted a literature survey regarding the said topic. This survey helps us to understand studies carried out related to this topic, to understand standard definitions and avoid duplicity of the work.*

*Keywords: Study habits, Internet Addiction Disorder, School students.*

### Introduction

Internet is a gigantic library as well as worldwide message board, telephone network and publishing medium. It is open for 24 hours a day and you can find anything you want there and say everything you want. In coming years information including access to internet, will be the basis for personal, economic and political advancement. The popular name for the Internet is the Information Superhighway. Internet shrinks the world and brings information expertise and knowledge on nearly every subject imaginable straight to your computer. Internet can be defined as international network of computers i.e. it is that network which connects all the computers of the globe across international territories. It is the world's largest computer network the global network, the worldwide network of networks, backbone and gateways, a window to the Information superhighway scattered all over the world.

Internet addiction disorder is not a uni-dimensional but a multi-dimensional construct. Various facts of Internet use must be differentiated because of their predictions, mechanism and consequences. Online activities which, if done in person would normally be considered troublesome, such as compulsive gambling or shopping are sometimes called compulsions. Other habits such as reading, playing computer games, or watching a staggering amount of internet videos or movies are all troubling only to the extent that these activities interfere with normal life.

Supporters of IAD classification often divide IAD into subtypes by activity such as excessive, overwhelming, or inappropriate pornography use, gaming, online social networking,



blogging, email, or internet shopping over the past decade, the concept of internet addiction has grown in terms of acceptance as a legitimate clinical disorder often requiring treatment.

Study is to buy out time and dedicate self to application and the task of study which is to become engrossed in a process of learning practice, enlightenment education of one's self. Habit is something that is done on a scheduled, regular and planned basis. A habit is simply a behavior pattern that is repeated until it becomes automatic. The word automatic implies that thinking much about it. Review of the literature allows the researcher to acquaint himself with current knowledge in the field or area in which he/she is going to conduct his research. It enables the researcher to define the limits of his field.

## Review of related literature

### (i) Studies related to internet addiction

**Chebbi (2000)** The objective of this study was to find out that individual addicted to the internet can develop many types of disorder. In extreme cases, persons addicted to the internet may be destructive to themselves, their place of employment. This study examines the trends in internet addiction studies for the period 1975-2000. The keywords used in the study were 'Internet Addiction', 'IAD' and cyber addiction. The mathematical measures used for the study included absolute numbers and percentage. These measures were presented in the tables for further analysis. The size of the sample was 48 among (1 kid, 3 college students, 42 general public (1 workplace), 1 other. The conclusion of this study was that this study found the finding or trends about research work for the periods 1975 through 2000. The business community is giving more attention an IAD research. There were a few writers, organizations and journals and publication in IAD research work. IAD research is in its infant stage. There is a need for more research work by faculty members and students.

**Kim(2002)** This study examined the internet addiction from the perspective of consumer studies. The paper explored the status quo of internet addiction in Korea through the analysis of a questionnaire survey. This study provides suggestions for policies and educational programs to help limit the growth of internet addiction. The key words used in the study were internet addiction, alienation, addictive consumption. The age range of students was from 15 to 39 years old. The researcher performed an off line pilot study with 50 respondents to check the reliability and validity of the questionnaire. The main survey was then performed with a randomly chosen internet panel of Nara Research Corporation. Results yield a total of 600 responses. The responses were analyzed using factor analysis, percentages, means, standard deviation, variance analysis, cross tabulation and multiple regression analysis.

**Wiener (2005)** This study proposed that factors which cause internet overuse are similar to those that cause Massively Multiplayer Online Role Playing Games (*MMORPGs*) overuse. The evaluations took place online in the form of user. The surveys were based on e survey developed in 1999 devised to gather data on the behavioral pattern of heavy internet users. The MMORPG survey demo graphs had a total of 91 responses; 88% of those were male. 44% had a high school degree and 29% had a bachelor's degree, 37% were students while, 53% worked as full time employees. This study revealed that computer and internet use



become a staple of everyday life, the overuse is introduced, which may lead to addiction. Research had shown that users can become addicted to it. Addiction to the internet shared some of the negative aspects of substance, addiction led to consequences such as failing school, family and relationship problems.

**Har's (2006)** study among Korean middle and high school students showed that Internet addiction is more prevalent among individuals with separated parents, less school activities, poor school performance and more social relations or attachments with boy or girl. Studies in China validate the relationship between parenting cycle, family communication and internet addiction.

**Sanjiv (2006)** the study reported the results of a survey conducted at Banaras Hindu University, to determine the extent to which internet users were aware and make use of the Internet. Efforts were on to find the information searching habits of interact users. Results showed that all respondents were using internet because of quality information they got through the Internet. Majority of the respondents used internet for research work because the university library had provided access to large number of databases and online journals

**Young (2007)** conducted a study to investigate into various problems on internet addicts. He investigated on 114 clients who suffered from Internet addiction and suggested CBT (Cognitive Behavioral Therapy) as the treatment of choice for internet addiction. In this study investigator employed a survey research design and outcome variables were client motivation, online time management, improved social relationships, improved sexual functioning, engagement in offline activities and ability to abstain from problematic applications. Goals were assessed over the course of 12 sessions and at six months after treatment termination IAT (Internet Addiction) was validated. For this the centre for online addiction was established in 1995 and the website was [www.netaddiction.com](http://www.netaddiction.com) provides education, support and treatment to people concerned about internet addiction. The client outcome questionnaire was constructed for the purpose and this study administered to check the validity of test.

**Jing, J (2009)** The objective of this study was to examine the association between internet addiction and self injurious behavior (SIB) in adolescence. The method used in this study it was population based cross sectional survey of 1618 high school students aged 13-18 years in Guangzhon city, Guagzhon province, PR China. Deliberate SIR was measured using self reported questionnaire, internet addiction was assessed using the internet addiction test (IAT). 263 participants reported having committed some form of SIB in past six months. 73 had committed SIB 6 times or more and 157 (I-5 times). The majority of respondents were classified as normal users of internet. The results of this study were that SIB is common in adolescence in the study population in China. Addiction to the Internet is detrimental to mental health and increases the risk of self injury among adolescents.

**Kim (2010)** conducted a study to examine lifestyle pattern and dietary based on the level of internet addiction of Korean adolescents. Data were collected from 853 Korean Junior high school students. Students were classified as high risk internet users, potential risk internet



users, no risk internet users. Chi square was used to study the tire association between the student's level of Internet Addiction and the style pattern and dietary behavior. The purpose of this study was to ensure proper growth and development. Variables were Internet Addiction., Dietary Behavior, Diet Quality, Adolescents. Test was Korean Internet Addiction Test (KS Scale). Questionnaire method followed consisting of six core components: - Disturbance of daily routines. Self esteem Withdrawal, Virtual Interpersonal Relationships, Deviant behavior, Tolerance. The population size was between the age of 13 and 15 years. Self Scale Rating System was used for diet quality diet behavior.

**Weinstein (2010)** The objective of this study was to review the literature on internet addiction over the topics of diagnosis, phenomenology, epidemiology and treatment. The researcher defined that problematic internet addiction or excessive internet use is characterized by excessive or poorly controlled preoccupation urges or behaviors regarding computer use and internet access that lead to impairment or distress. The method used in the study was review of published literature between 2000-2009 in Medline, using the term Internet Addiction. Assessment questionnaire were used for the diagnosis of patients. Surveys were made in the United States and Europe that indicated the prevalence rate between 1.5 and 8.2%. This cross sectional study on the sample of patients reported internet addiction with psychiatric disorder especially affective disorder (including, depression) anxiety disorder (generalized anxiety disorder), social anxiety disorder an attention deficit hyperactivity disorder (ADHD).

**Iskender (2011)** conducted a study to investigate the relationship between internet addictions, anxiety, and stress. The sample of this study was 300 university students enrolled to various undergraduate programs at Sakkara University Turkey. Students were between the ages of 17-24 years out of which 98 students male and 202 were female students. The online cognition scale was used for measuring internet addiction. Which include 36 items that were developed by Davis. Depression, anxiety, stress, was measured by Turkish version of DASS (The depression anxiety stress scale. In this study Pearson's correlation co efficient and structured equation modeling was used to measure the relationship between internet addictions, anxiety, and stress. The conclusion of the study was that Internet addiction affects depression, anxiety, and stress directly.

**Sachin(2011)** The aim of this study was to determine internet addiction levels of internet users from all age groups. The study used survey model. The study consisted of a total of 596 people from all age groups " Personal Information Form" and Internet Addiction Scale" were used for the data collection. Arithmetic mean, standard deviation, independent sampling and West, ANNOVA and ISD tests were performed on collected data. The findings of the study revealed that the individuals had low levels of internet addiction both in sub sealer according to the age group. It was found that there was significant difference between Internet scores of the individuals who belonged to the age group of 19 and below and 30 and below. The key words used were internet, addiction, and individual. Among random sampling methods simple random sampling method was used to determine the study group. Of the Individuals in the study group 284 were male, 312 were female. The scale contained 19 items and 3 factors.



The first factor is "Loss of control- LC", the second factor is "Tolerance Development" and third factor is "Negative Consequences for social relationship- NCSR". The result of this study was that internet addiction levels of males were found to be higher than those of females.

**Wallace (2011)** This article attempted to highlight a sample of the general IAD literature with regard to its shortcomings and its findings regarding sample population demographics lifestyle, and predictive values. The keywords used were internet addiction scale, risk factors. In this compulsive internet use scale (CIUS) which featured 14 items, which are ratable on a Likert -5 point scale. Clark and Frith, further describe the development of the Hemet consequences scale, an effective instrument assessing 44 items use to measure internet use regarding psycho social consequences and its impact on an individual's behavior, finances and physiology. Researchers also employed a self diagnostic survey; king participant addicted to the internet. In addition nutrition have also been analyzed its regards to IAD. The study sample was 1913 internet recruited Swedish men and women. The conclusion of the study was, IAD is a significant problem, as it may affect quality of life issues such as loss of control regarding time management, sleep, diet and sexual behaviors. The predominant issues concerning IAD diagnosis involve isolating and validating a gold standard assessment method. Validation of such an instrument will only help to identify and prevent cases of AID early in their development will also help researchers to further distinguish and understand the consequences and further development of pathology.

**Anand (2012)** The objective of this study was to investigate the level of internet addiction in Indian School children. Semi structured questionnaire subjects and setting was design study. After scoring the Davis Online Recognition Scale (DORS), 18 dependents and 21 non dependents were selected. The study was made on adolescents (13-17years), a 36 item self report inventory of internet comprehension and UCLA Loneliness Scale (20 items self reported inventory of loneliness measured on a 4- point scale). The report of the study there was significant emotional and behavioral differences emerged between dependents and non dependents. This study suggested that excessive internet use affects the user's behaviors and ability to function. Strategies should be developed and implemented address pathological internet usage.

**Noorman (2012)** The study was investigated to find out relationship between internet attitude and internet addiction. This study adopted a survey method for research. The sample size was 128 students. The research study suggested that the respondents of the study had positive internet attitudes and they were not experiencing internet addiction. The findings indicated that there was a weak relationship between internet attitudes and internet addiction.

**Nagpal (2013)** conducted a study to knots the internet usage among college going boys and girls to find out differences in internet usage of students of different streams and to study the relationship between internet and personal traits of college going students. Sample of 200 students was takes from professional colleges of Jalandhar (100 boys and 100 girls)" Various tools for the research study were Dimension Personality Inventory, Compulsive Internet



Usage Scale, Internet Usage Questionnaire. The investigator used various statistical techniques like mean, standard deviation, percentage, 1-test, correlation.

**Sasmaz (2013)** conducted a study to know the prevalence and risk factors of internet, addiction in high school students. This cross sectional study was performed in Mersin in 2012. The study sample consisted of students of high school. The data was summarized by logistic regression. The study questionnaire includes 1156 students among whom 609 were male and 547 were female students. The mean age of the students were found out. The result of the study was that Internet addiction can be prevented by building a healthy living environment, promoting book reading, controlling the computer and internet use; and treatment should be provided to those who have psychological problems.

**Silvana, Stjepan 2017** The aim was to identify possible differences in the purpose of Internet use among adolescents with respect to age subgroup, country of residence, and gender and the distribution of Internet addiction across age subgroups. The study included a simple random sample of 1078 adolescents—534 boys and 525 girls—aged 11-18 years attending elementary and grammar schools in Croatia, Finland, and Poland. Adolescents were asked to complete an anonymous questionnaire and provide data on age, gender, country of residence, and purpose of Internet use (ie, school/work or entertainment). Collected data were analyzed with the chi-square test for correlations. Adolescents mostly used the Internet for entertainment (905/1078, 84.00%). The level of Internet addiction was the highest among the 15-16-year-old age subgroup and was lowest in the 11-12-year-old age subgroup. There was a weak but positive correlation between Internet addiction and age subgroup ( $P=.004$ ). They concluded that adolescents aged 15-16 years, especially male adolescents, are the most prone to the development of Internet addiction, whereas adolescents aged 11-12 years show the lowest level of Internet addiction.

#### (ii) Studies related to study habits

**David (2002)** conducted study to discuss various challenges faced by the Historically Black colleges and Universities (HBCU) relating to access for nontraditional students, students study habits, distance learning examined a web based course and compares it to a traditional course to determine whether online courses can help minority student's access, complete and remember course content.

**Franklin (2006)** conducted a study to describe the study habits of undergraduate students who were enrolled in the initial phase of teacher education program at a large urban university. Study strategies were viewed as learned practiced and applied techniques were used by students as a means to achieve the academic goals. The research question for this study was what are the self reported study habits of students who are enrolled in quest one, the initial phase of a teacher education program. Data was collected from 30 undergraduate students who had been applied for question. A researcher designed survey method to collect before data. The result of this study was that a number of students who cram the questions the exams in a night or depend on other classmates to answer their questions, they feel that they should spend an adequate amount of time for academic classes.



**Spring (2009)** conducted a study to know the improvement in learner's academic performance by studying the study habits of students. This study was conducted on 150 Students of Abdan School of nursing in 2007. Data was collected by using the Polsane and Sharma study habits inventory questionnaire, which was completed in a self-directed way. The variables were study habits, study skills, academic performance, and nursing students. The relationship between study habits and their academic performance was statistical technique of correlation, mean score and standard deviation.

**Acido (2010)** conducted a study to find out that reasoning skills and attitude towards learning and study habits are inter related. Sample of the study was 150 high students out of which 103 were female and 47 were male students. All of them were the range of 15-17 years. The study was conducted in Public high school in Quezon City, Phillipines. The variables of the study were reasoning skills, study habits and attitude towards learning. Rating scales were used to classify the high school students reasoning skills, correlation statistics (chi square) was employed on the variables of study.

**Singh (2010)** This study examined the nature, type and characteristics of study habits of high school children in relation to various orgasmic variables like gender, age , class or grade level and scholastic achievement. The sample for the study was drawn from two private English medium schools in Indore, Madhya Pradesh, India comprising of 250 high school students including equal number of boys and girls from class/grades viii, ix and x. A 40 item questionnaire was used to elicit study habits of the sample. The questionnaire focused on four selected indicators of study habits (study organization, study methods and strategies, motivation and feeling for study, location and time for study). Each indicator had ten items which the student respondents were instructed to answer along a 3 point scale either 'yes', 'no' or 'sometimes' respectively. The results indicate an overall mean study, habits score for the total sample is 42.33(S.D 8.21). This matched closely with the gross percentage class teacher ratings on their academic performance (mean 56.74, S.D 15.0). The girls have better study habits than boys which is matched with similar lower ratings given by their class teachers for boys than girls. It is also observed that study habit, improve with age and class or grade levels in children.

**Broni (2010)** The study accessed whether study habits predicted the academic performance of students at Zion Girls' senior high school. One hundred and twelve students in form 2 were the respondents in the study. The study habit questionnaire was used for data collection. The data was analyzed by the use of bi variate correlation and multiple regression analytical techniques with SPSS version 17. It was observed that out of the ten with academic performance, only two, that is study habits used to assess the relationship assignment and correlation emerged as the only predictor of academic performance. It was recommended that other effective study habits that would significantly influence student's academic performance should be introduced to the students for higher academic performance.

**Meyer(2010)** In this study the researcher examined the potential for using learning styles inventory data to help Advanced Placement Environment Science. Students work to their strengths and study more effectively. Researchers in previous studies found that when



students were taught how to accommodate their own learning style preferences, their confidence, attitude and academic achievement improve (Bosrom and Lessen, 2006; Dunn et al. 2009, Lovelace, 2005). In this study researcher recorded students study habits using a pretest and student interviews and then implemented an intervention in which the researcher taught students new study techniques based on their preferences. After the intervention the researcher used a posttest and more student interviews to determine if students changed their study habits and record how they felt about these changes. Students reacted positively to this intervention, reported that it was helpful and they would continue to use their new strategies. The keywords used were study skills, learning styles, learning style preferences.

**Powell (2011)** This study attempted to observe the relationship between age and study habits of students. The concept of incorporating vocational curriculum is gaining importance in high schools. The purpose of this study was to compare the study approaches utilized by young vocational nursing students (aged 18-22years) with those of older students (aged 23 and over). It was hypothesized that the older students used deep and strategic level study approaches which have been shown to correlate with academic success, more frequently than their younger cohorts. Sixty nine nursing students across five campuses were given a modified version of the Revised Approaches to learning and Studying Inventory. It was determined that students age 23 and over reported using deep and strategic level study habits more frequently than younger students, whereas the youngest students reported more use of superficial level study habits which have correlate with lower academic achievement.

**Nurs. J(2011)** This research was a kind of descriptive and correlation survey statistical" population include all M.Sc and PhD students in the second semester of Isfahan university of medical science (263 students). In this research stratified and random sampling was used in which a sample of 100 students was selected. Data collection instruments were Beck Deep Inventory (BDI), Oxford Happiness Inventory and a researcher made questionnaire to determine the amount of students study. Validity of the questionnaire was determined by structure and content related validity and its reliability was calculated by Cranach's alpha coefficient for the first ( $r=0.94$ ) second( $r=0.91$ ) third( $r=0.85$ ) questionnaire. Analysis of research findings was done through descriptive and inferential statistics. The conclusion of the study was that the amount of study and tendency for reading were among the most important indices of human growth in terms of potential abilities for achieving a perfect human life and to prevent one dimensional thinking.

**Noorman (2012)** The study was investigated to find out relationship between internet attitude and internet addiction. This study adopted a survey method for research. The sample size was 128 students. The research study suggested that the respondents of the study had positive internet attitudes and they were not experiencing internet addiction. The findings indicated that there was a weak relationship between internet attitude and internet addiction.

**Fitkov (2013)** This article reviewed existing study habit measurement instruments and discussed their drawbacks, in the light of new evidence from neuroscience on the workings of the brain. It is suggested that in addition to traditional frequency based past behavioral measures, the predictive accuracy of study habit measurement instruments could be improved



by including measures of habit strength that take into account behavior automaticity and efficacy, such as the Self Report Habit Index (SRHI). The SRHI has shown high reliability and internal validity in a wide range of contexts and its applicability and validity in the context of learning and higher education as an enhancement to study habit measurement instruments is as yet to be tested.

### Summary of Review

After reviewing the relevant literature in previous section we know that there is number of studies that discussed about the Internet addiction. **(Chebbi 2000)** study has reported negative effect of using the internet which can develop many types of disorder which may be destructive to themselves, their families and their place of employment. **(Kim 2002)** conducted a study which explained the causes of internet addiction on personality and demographic factors, **(Wiener 2005)** has reported the some of the negative aspects of substance addiction led to consequences such as failing school, family and relationship problems. **(Young 2007)** conducted a study on various problems suffered by Internet addicts. He investigated on 114 clients who suffered from internet addiction and suggested CBT cognitive Behavioral Therapy as the treatment of choice for internet addiction. **(Jinn 2009)** conducted a study to examine the association between Internet addiction and self injurious behavior in adolescence .The study showed the negative effect of internet addiction on mental health and increases the risk of self injurious behavior among adolescents. **(Kim 2010)** conducted a study to see the negative effects of Internet addiction on the lifestyle pattern and dietary behavior of Korean adolescents. **(Weinstein 2010)** conducted a study on high internet addiction with psychiatric disorder especially affective disorder including depression, anxiety, generalized anxiety disorder and attention deficit, hyperactivity disorder. **(Sachin 2011)** conducted a study to determine Internet addiction, levels of Internet users. Internet addiction causes loss of control, negative consequences for social relationship. **(Anand 2012)** conducted a study to investigate the level of internet addiction in Indian school children; he suggested that excessive Internet use affects the user's behaviors and ability to function so strategies should be developed to address pathological internet usage.

### Conclusion

All these studies focused on use of internet and effects of internet addiction on dietary, mental level but no study related to study habits with internet has been done. In our study we will be focusing on the effect of Internet Addiction on Study habits of students. To carry out our study we will be focusing on the school students, as they are more vulnerable to negative effects of Internet.

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