

## **Impact of Internet Addiction on Academic Performance of Biology Students in Tertiary Institutions in Odeda Local Government Area of Ogun State**

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It has been observed that student's academic performance in Biology has not improved over the years in Nigeria Tertiary institutions. It has been a major concern for lecturers to know the cause for the low performance and the solutions to the cause. To this effect, this study was carried out to determine the influence of internet addiction on the academic performance of biology students in tertiary institutions in Odeda Local Government Area of Ogun State. The research design was a descriptive research whereby a self-designed questionnaire of 150 copies was used to elicit information from the respondents (n=150). three hypotheses were stated to guide the study. The research Data was analysed using Pearson Product Moment Correlation (PPMC) and was tested at  $p < 0.05$ . Results of this study revealed that internet addiction statistically and significantly influenced students' academic performance. It was therefore recommended that it is vital for parents to scrutinize their children internet use in order to curb its excessive use

**Keywords:** Impact, Internet Addiction, Academic performance

### **Introduction**

Internet is being integrated as part of life, because the usage of internet has been growing explosively worldwide (Azim & Rahman, 2011). Playing online games, reading and writing emails and engaging in chatting are the common online activities. Yong (2011) stated that internet is one of the things that influence our daily life because internet users are more likely to spend their leisure time in the cyber community. About 94.8% of teenagers are using the internet and this propensity suggests that teenagers may consider the cyber space as real rather than virtual space (Bryant et al., 2006). Studies confirm that internet and computer usage have become popular worldwide but also have negative impact on some individuals and on society at large (Ko et al., 2006).

There are many benefits associated with Internet use, such as access to needed information, worldwide access to news and events, and interpersonal communication through email. However, along with the phenomenal growth of the internet and its use, then a growing concern worldwide regarding the risks associated with the internet overuse (Khaosod, 2007). Biology is a branch of natural science that involves the study of living organisms, including their physical structure, chemical processes, molecular interactions, physiological mechanisms, development and evolution. It is a subject that engages the students in varied process skills such as observation, clarification, interpretation, prediction of events, experimentation, organization of information, and in reporting adequately. Biology education seeks to provide individuals with the required inventive skills to participate in society. Biology spread through all aspects of everyday life. People rely on living things and their products for food they eat, their homes, their personal care, their fuel and their medicine (Dotson, 2018). The importance of Biology cannot be over rated, it's a vital tools in the development of nation's economy (Adeyemo, 2010). Similarly, knowledge of Biology proffers solution to life threatening issues such as health, growth, and environmental system (Olagunju, 2002). The concept contributes immensely to the technological growth of the nation (Ogundiwin and Ahmed, 2015). Technology and internet use particularly by college students have been associated with more frequent communication with friends and family members on social media indirectly, it impairs the individuals' psychological wellbeing, peer and family interaction and of course academic performance (Ko et al., 2006). Consequently, students encountered obstacles in their studies, sleep and completing their assignments as well. This problem can also influence their academic performance indirectly. Many studies have claimed that people may use the internet addictively and that this can cause harmful effects on individuals, academic problems, changing their social behaviour, habits and abilities in a negative way (Nalwa & Anand, 2003). In view of this, this research work was carried out to investigate "influence of internet addiction on academic performance of biology students in tertiary institution in Odeda Local Government Area most especially the prevalence of internet addiction among the students.

### **Statement of the Problem**

It was observed that most tertiary institution students are obsessed with internet usage as they spend most of their valuable hours on internet chatting on social media, watching films, etc. Problems arising from excessive internet use have been documented worldwide, including Nigeria where the use of the Internet has increased. It is particularly a common problem among students, as demonstrated in several international studies (Zboralskiet al., 2009). In spite of the fact that the internet could contribute a lot to students' learning, many students fall behind in their studies due to excessive investments in online irrelevancies.

### **Specific objectives**

- i. to determine the level of internet addiction among students
- ii. to find out gender differences on internet addiction among the students

### **Hypotheses**

Ho1: There will be no significant relationship between students' academic level and internet addiction.

Ho2: There is no significant difference between male and female students internet addiction

### **Methodology**

#### **Study design**

The study adopted a descriptive research design

**Research Population:** The population include biology students in the three tertiary institutions in Odeda Local Government Area of Ogun State.

**Sample and Sampling technique:** Stratified random sampling technique was used to randomly select fifty respondents from each selected tertiary institutions-

1. Centre for Degree Programmes, Federal College of Education in affiliation with University of Ibadan.
2. Federal College of Education, Osiele.
3. Federal University of Agriculture, Alabata.

A total of one hundred and fifty students (150) participated in the study.

#### **Research Instrument**

A well-structured of 150 copies of questionnaire was used to collect data from the respondents. The questionnaires were divided into two sections where the first part contained the respondents' demographic data (age, sex, level). The second section contained the opinion of the respondents on internet addiction and its effects on their academic performance.

#### **Validity of Instrument**

The designed questionnaire instrument was tested for both phase and content validity using Cronbach Alpha statistical tool.

#### **Procedure for data collection**

The questionnaire was administered and retrieved personally by the researcher. The administration of the questionnaire lasted for two weeks.

#### **Method of Data Analysis**

The data collected was subjected to descriptive statistics while Pearson correlation was computed to investigate the relationship between internet addiction and academic performance.

## Results

**H<sub>01</sub>: There will be no significant relationship between students' academic level and internet addiction.**

**Table 1: Summary of Pearson Product Moment Correlation showing relationship between students' academic performance and level of internet addiction**

Variables	N	R	P	Sig
Students' academic performance	150	.290**	.000	Significant
Internet addiction	150			

Table 1 shows the relationship that exists between students' academic performance and their level of internet addiction. The results from the table indicate that there is positive relationship between academic performance and internet addiction ( $r= 0.290^{**}$ ) and the relationship is significant at  $p < .05$ ,  $P.0.05$ . The implication of this is that there is significant relationship between students' academic performance and their level of internet addiction. This is in line with the findings Kubey *et al.* (2010) that as many as six in ten students jeopardise their academic and professional performance because of their internet habits.

**H<sub>02</sub>:** There is no significance effect of internet addiction on the academic performance of male and female students.

on the academic performance of male and female students.

**Table 2: The independent sample t-test showing the difference in mean scores between male and female students internet addiction**

Student Gender	N	Mean	Std. D	Df	t	Sig	Remark
Male	55	35.83 6	2.556	148	2.835	.0034	Sig.
Female	95	31.69 5	3.416				

The result in table 2 indicates that there is significant difference ( $p < 0.05$ ) between male and female students internet addiction. The mean score of male is higher ( $\bar{x} = 31.695$ ,  $S.D = 3.416$ ),  $t(148) = 2.835$ ,  $p < 0.05$ ) statistically significant. This collaborates with study of Davis and Caplan (2009) who reported

gender difference in internet use; they found out that male students spend more time online than their female counterparts.

### **Conclusion**

Internet used particularly by students has been associated with more frequent communication with friends and family members on social media. Indirectly, it impairs their psychological wellbeing, peer and family interaction. Consequently, students encountered obstacles in their studies, sleep and completing their assignments as well. This problem also influences their academic performance indirectly. The results of this study have shown that students spend most of their useful time on the internet which in turn affect their academic performance.

### **Recommendations**

1. In spite of the fact that the internet could contribute a lot to students' learning, it is vital for parents and school authorities to scrutinize students' internet use in order to curb its excessive use.
2. Students are to be taught how to construct a schedule or time pattern for using the internet.

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