

An investigation into the effects of internet usage on the study habits of secondary school students in India

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journals.sagepub.com/home/ldm**Rubi Rajput¹**  and **Deepika Chaudhary¹**

Abstract

The COVID-19 outbreak has exposed significant change in the study culture among school children in the secondary schools especially by introducing them to be using internet more in their study. The internet proves to have highly positive educational advantages e.g.: students always have a source of information in the internet, it involves easier access to peers and teachers through communication, and the presence of digital learning material, however it also poses new challenges like distracted behaviour, internet addiction, or behaviour problems. According to research, internet use has the potential to have a positive effect in education through enhancing study habits, looking into how late one is able to study and also expanding the pool of academic material at the disposal of students. Further studies continue to reiterate on a possible negative relationship between excessive internet usage and performance among students. This research paper shall attempt to discuss the good and bad impacts of internet use on study behavior of adolescent schools going in India.

Keywords

internet usage, study habits, COVID-19, academic performance, internet addiction, self-regulation, secondary school students, behaviour problems

Introduction

We are in the digital era and information technology is core in almost every area in life. The Internet is one of the most revolutionary features of it, and it could be called a magic lamp of today as it could help to do anything. We all have been united by the Internet, which may also be called a giant brain as physicist Stephen Hawking perfectly remarked (2014). The Internet has found its place in every area whether in the business and banking sector, research ventures, entertainment or just about daily life. It affects us so much that it is hard to imagine that it would not be there in life. Some even believe that it is the greatest and valuable present of the 21st century. The development of the mobile Internet

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