

**Internet Use and its Impact on College Students: Findings from a Survey at Fresno State**

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**Introduction:** The objective of the study was to understand the internet use habits of Fresno State students at the undergraduate level. The study examined how students at the university are affected by the use of internet in their daily lives.

**Methods:** Data for the study was obtained through a survey conducted on 193 students from six randomly selected courses at the undergraduate level using a structured questionnaire. Internet use among students was examined with respect to variables such as age, gender, employment, marital status, choice of major etc. Time spent on surfing internet for academic and non-academic uses, such as social media were also examined and were compared with time spent on studying.

**Results:** It was found that students prefer using multiple methods of communication to stay in touch with friends and family. More than two-thirds of the students thought that internet use affected them in a positive way while only one-eighth of the students felt that it affected them in a negative way. About half of the students in the survey admitted that they got into argument about internet use with their significant others and almost ninety-percent of the students admitted that they check the internet while studying and doing assignments. The study also found that some students are conscious about the adverse impact of internet use and have attempted to cut down its usage. Findings from the study have implications for creating awareness among students about internet addiction and dependency.