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Short letter: Prevalence of Internet Addiction among College Students

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ABSTRACT:

Background: Internet addiction is one of the current behavioral issues of college students, and excessive online use impacts academic, mental, and social interactions. The unregulated internet use can result in stress, sleeping problems, and wellness. **Purpose:** The research was conducted with the purpose of measuring prevalence of internet addiction and to determine other factors which influence the occurrence of addiction.

Methodology: A cross-sectional research design was followed which was descriptive. College students who were chosen based on non-probability sampling were used to collect the data with a standardized Internet Addiction Scale and structured questionnaire. The results were interpreted by performing statistical analysis.

Findings: It was found out that a significant percentage of students portrayed mild-to-moderate addiction to the internet. An increase in levels of addiction was linked to longer screen time, academic stress, and poor sleeping habits. **Conclusion:** Internet addiction is high among college education learners and it presents a possible danger to their academic performance and their mental wellbeing. It is important to identify early and make timely interventions to ensure healthy internet usage and enhancement of the overall wellbeing.

Recommendations

1. Schools must also create routine awareness campaigns on the topic of responsible and moderate use of the internet.
2. Mental health support and the provision of counseling should be enhanced to enable the students control digital dependency.
3. College curriculums should contain digital wellness and time-management skills.
4. Teachers and parents must be attentive to monitor the activities of students over the internet.
5. Physical, social, and recreational activities should also be promoted to help the students spend less time staring at their screens.

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