

Fkm students time
spent on surfing net
per day



**ASSIGN
BUSTER**

Internet can enrich our lives by providing entertainment, information, social networking, gaming, and connections to people all over the world. However, internet use can grow into a problem for some. People may find themselves online-shopping, gaming, social networking, site surfing, blogging, stock trading, gambling, having cybersex, viewing pornography-to an extent that it interferes with their ability to keep up with school, relationships, and work. It may also have a negative effect on their mood.

Besides that, too much time spent on the internet can bring many negative effects, as Anderson (2001) finds that inordinately heavy internet use is associated with disrupted sleep, as well as disarrayed social and academic lives. For example, it can cause fatigue and sleep difficulties and cause withdrawal in students from other forms of social activities such as hanging out with friends, or participating in study groups, physical activity, and campus organizations.

According to GuidetoOnlineSchools. om, the American students who are Facebook users tend to spend much less time studying compared to those non-users. So, the longer the students spend on the internet, the less time they have for studying or doing assignment. Jones (2012) states that student's grades decline because students slowly stop going to class, they get less sleep, and they become more and more socially isolated. He also states that most students do not even realize that they are spending too much time on the net. Because of this, the student's grades may decline, along with their value for the importance of the internet.

It is advised that students should spend an average of only one to two hours on surfing the net per day. Only about 40 percent of the students

interviewed spent the proper amount of time surfing the net. Moreover, much research has shown that if students spend more time surfing on the internet, the more melancholic they get. Too much time spent on the internet can cause the student to develop intense internet addiction. These problems threaten their health and interpersonal relationships since students addicted to the internet are inclined to be loners.

Short of social support, they turn to the internet to find friendship and commitment. The more they hang on to the internet, the lonelier they get, as they seek less social participation and physical support. In conclusion, the FKM students should spend less time on surfing the net per day because surfing the net too long can bring many negative effects. The students should spend more time concentrating on their study or other activities that can bring many advantages such as exercise or playing sports.