

Excessive internet access for students

[Technology](#), [Internet](#)



The Internet is no longer alien to humans. Internet appears to meet the increasing needs of people and it is increasingly developed, facilitating many people such as learning, entertainment, news track quickly It also allows people to share and connect. According to the Center for Network Management, in Vietnam in December 2003, only 3.8% of Vietnam's population use the Internet. By June 2016, it was 54%, or 52 million Internet users. This is not a small number, it is increasing and increasing rapidly. In addition to these benefits, internet access has a negative impact on the learning, perception and behavior of many young people because their internet use rates for study are low. Instead, they use the internet for entertainment purposes such as playing games, chatting, watching movies, etc. This has become a concern for parents, the school and society.

Therefore, I agree with the restrictions for students to access the internet.

For the first reason, excessive internet access can adversely affect a student's health. Nowadays, there are many parents who pamper their children so they are not really serious about teaching their children. So when internet users have overused and focused on the internet, this can make them addicted to the internet and lead to spending more time just to get online surfing the web, Facebook, playing games without eating enough meals leads to the body becoming tired and even sick or they become lazy to cause the body is not healthy as before and are more prone to osteoarthritis problems, and students who spend a lot of time surfing the internet tend to eat snacks, fast foods that are high in fat make fat accumulate in the body and less active so they will become obese. Obesity can lead to other diseases such as diabetes, cognitive decline. A new study

finds 10% of problems with gallbladder, kidney, liver, colon and cancer can be due to excess body weight. Up to 41% of uterine cancer is thought to be associated with obesity, according to The Lancet. These diseases are not only expensive to treat but also become dangerous when their age is too young.

A study by the University of Missouri found that once the social networking experience aroused feelings of self-deprecation and jealousy in one person, that person was more likely to suffer from chronic depression if they continued interact with those sites on a regular and prolonged basis. “ If you are using social networking to compare and measure success or success among people, this can lead to immeasurable negative consequences” said Professor Margaret Duffy, co-author of the study. She explained that: “ Using social networks to track how much money he can makes or how happy she is with will create a sense of jealousy, which can lead to depression and bad feelings”. Too much internet access of students can cause high levels of myopia, because the time they use technology devices to access the internet exceeds the limited time that their eyes can tolerate. This makes their eyes almost forced to work repetitively over a long period of time and the rate of these students are nearsighted higher. Some students who are overly addicted to the internet should stay up late. Staying up late will cause the body to be asthenia , headaches. Which can lead to inability to wake up in the morning. For example, when parents do not control their children and let them do things they enjoy doing well, when they stay up late to play games, surfing the web, watch movies until the next morning they could not wake up. They wake up at noon, which causes them to skip breakfast, and

repeated skipping breakfast leads to their bodies becoming tired, affecting the heart, the stomach, the gallbladder.

About the second reason, I agree with the restriction for students to access the internet because when they use the internet a lot, their minds become narrower. Because the internet is a huge source of information, it can meet almost all human needs for information, learning materials and research. That is why students today are so overused in the internet that they rely on what is available from the internet and gradually this becomes their habit of making them slow to respond to solve a problem, or may cause them to become poorly communicated. For example, from myself, when I was not in college, I had really interested in learning about my own intellect. At the time, there is almost nothing that can make me difficult to study. When I went to college, there were subjects that did not need to be memorized because the subject was open to examination, so I became disinterested to the lecture because I had depended on that I were allowed use the material when taking the exam. Gradually, my dependence became more and more so until the teacher raised a very simple question, but because my mind was imprisoned by dependence, I was still use the phone to find the answer on Google, I discovered that the answer is really simple, then I revisit the question But why do I rely on the Internet for so long time? Not only in my studies, since my reliance on the internet, my ability to communicate has deteriorated, because I am so accustomed to using the help of the internet, that when dealing directly with society I become timid and slow response.

Finally reason is the excessive internet access of the students will cause them not to control themselves and be caught up in the bad trends of social networks. Today's social networks are changing, and increasingly interesting, attracting more and more young people to join in, such as playing games, or watching some famous movie. But besides that, there are many websites that offer pictures, videos, news and corrupt or violent games. Students with distorted thinking are addicted to these genres and some have imitated violent acts such as in-game. This has made the issue of school violence increasingly high for many years. Many students are so addicted to dropping out of school, stealing money to pursue online games. Deviant cultural movements, the lack of ethical standards shared and the acclamation on social networks, create a strong, uncontrollable wave. According to Facebook statistics in 2015, in Vietnam, each month up to 30 million use Facebook and these people spend an average of 2.5 hours / day to Facebook, Three-fourths of them are young people, ranging in age from 18 to 34. And social networking is also a place where criminals can ramble, and the prey they target is students because these students are less knowledgeable and they are easy to believe in the bad guys, so the proportion of people deceived in the student's age will be higher than the adults are aware enough. And because of their inability to control themselves, so many students waste so much time on the Internet, they spend hours just to surf the net without knowing that this will make them forget take their true goal in life. Instead of focusing on looking for work in the future by learning the necessary skills, young people just focus on

becoming a “ keyboard hero”, becoming players to be admired and do everything to be famous on social networks.

For example, when a student interacts with online games, he becomes overly amused, leading to his addiction to the game. Every day he spends 6 hours or more practicing the game, and in this 6 hours he can go to work to earn some money or do something else for his future. It's wasted on online games. Spending too much time playing games and loading scratch cards to make his character in game look better, high level hone and stronger to beat the other opponents in the game make him satisfied and excited, so When he has money then he invested in the game. Since he is not working, he does not have the money, until then his intention to steal money will be in his mind, and this will cause him to commit his wrongdoing, causing him to fight with each other if he was discovered while stealing someone's money. When it comes to game addiction, he will be less exposed to the outside world, so his perception and experience going out of society will be much less than people, so if he goes to apply for a job through Social networking sites like Facebook, Zalo.

The rates of him being cheated are higher because of his poor knowledge. Phishers will pretend to be recruiters and entice applicants to pay for them, and then cut off any contact between them to get the full amount of the money. It is because in parallel with the rapid development of the internet, there are many dangerous pitfalls, so if students are unaware they will become prey to the bad guys out there. Beside the negative aspects that I mentioned above, some people think that should not limited the internet

access of students. They say that use internet is very necessary for students, because the internet will help them a lot in learning, connecting each other, entertaining.

Today, the amount of time for classroom lectures on the amount of knowledge that students need to achieve is not enough, because the amount of knowledge required to achieve is too much, and there is limited for teachers to teach students in class. So, in addition to registering for extra-curricular classes, students need to access the internet to learn more about the subjects. Because of the internet is very development, all information and knowledge of lessons are contained on the internet. So they do not need to take the thick books, or go to library to find document about their subjects. When they do homework if they have many questions, but there is not their teacher, so nobody will teach them and they can not ask anyone other. But if they internet access is everything will be easier, all their questions are answered quickly. Or students can chat with a friend to together find out how to answer. From there, the knowledge they have gained is more than what the ministry of education and the teacher needed. This will make them feel more interested in learning. And after intense periods of study, students need to be entertained to dispel fatigue. They can do many things for entertainment such as playing games, watching movies, listening to music, chatting with friends. Also, thanks to the internet, people can easily connect with each other.

Many students in other places are often enrolled in universities in major cities in the country who are far from home for their studies, without the

internet they will not be able to talk to their families. Without internet they would not be able to talk to family members because if they were normal calls it would cost a lot of money to pay, but for the internet today, they only have wifi they can communicate with each other, they can even use the video call to see each other through the phone screen, laptop. The cost of university education is not a small number, so most students go to work to earn extra money to support their families on the days they are not in school. But it is the big cities, so it is not a good idea to join the traffic to get to the job site, and if they are just walking around to find a job, the rate of getting a job is not high. Instead, with access to the internet, students can easily identify their positions, requirements, job descriptions and what to bring with them when applying for jobs including things that do not have to go back about several times to get enough records. This will save time for them, and the incidence of traffic accidents will decrease. Some students earn money by doing business through social networking, which is called online sales. They know the young generation today love jewelry, clothes, shoes and even people like to eat any food. Then, they will create pages or Facebook accounts to post items that people can search and buy quickly without having to spend a lot of time to go to the shops, restaurants. And it will save more money for customers because online sellers do not have to pay for space, so the items sold will be cheaper than other places. They even have the service of delivery to serve the customers are not convenient to the road. Or when someone feels their body is not healthy, they just need to visit the website of a hospital, they will be consulted directly on the Internet without have to go to the hospital to meet the doctors. In other words, it

more harm than good for students to access the internet. Although internet access gives students a lot of benefits, but it goes hand in hand with serious negative aspects.

Because students are too young to be aware of what to do and what not to do. The researchers conducted a study of 17 teenagers who had symptoms of disorder and “ Internet addiction”, this will cause human cognitive decline similar to alcoholism, gambling. Even if they distinguish the right thing wrong, they still do their interests and desires because they are not enough old to think beyond their own future, because they just know they need to meet what they want, not just about everything. As when playing games to entertain after stress, the original purpose was to entertain. But when they play, they like the game more and more, as they spend more time just to play games, their minds are focused on the game, so everything about learning, their work put aside, more seriously, they abandoned their studies only to achieve the wrong purpose.

In short, the internet is very necessary for our lives, without internet, life becomes much more difficult. But if you overuse the internet, it will create unpredictable consequences. Therefore, students should limit their access to the internet. Because in reality, everything has two sides, they are the positive side and the negative side, Just we know aware and determine the positive things in our lives, do not overuse the internet, then we will achieve the good successes.