

**EFFECTS OF INTERNET USAGE TO GRADE 12  
STUDENTS ON THEIR ACADEMIC PERFORMANCE IN AMA BASIC EDUCATION  
OF APALIT**

A Research Paper

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PRACTICAL RESEARCH 2

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## Chapter 1

### The Problem and Its Setting

#### Introduction

The internet was, is, and always will be a powerful tool to be a bridge to access infinite possibilities among everyone including students. With its rapidly growing forms, it has outgrown the traditional way of doing things. Without the existence of the internet, society will not get as large as today, as this current generation requires its people to have technological knowledge. This current generation hosts the digital natives of 21<sup>st</sup> century or as people call it “*millennials*”.

As time progressed, the internet grew to make entertainment possible through a digital way. The Internet made communication amongst people possible worldwide. But with the connection of people, this created the social media. According to the research conducted by Rappler, Social media is the top leading medium used by Filipinos in the internet. For students who want to be productive, the internet offers various opportunities to do so.

The internet is truly useful and can make people's lives in modern society much more convenient, but on the other side is that it also has its negative effects. This will be the main point of this research, it is to know them both specifically.

#### Background of the Study

The school of AMA Basic Education of Apalit is an I.T. introduced school. Most mediums of work were done through the use of technology. The students of this school have knowledge in

using it. As all SHS students of this school are millennials, it opens the possibility of the  
of them

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Letting the internet take time on their daily life. Students are using the internet to make  
easier, have fun and entertain themselves, communicate with each other and obtain new  
information's. As the internet is continually growing, there are infinite possibilities of new things  
to exist. These new things also include the positive and negative ones. The research will prove  
how the internet majorly affects the way of living, the personality, the physicality, the academe  
and the academic life of students.

### **Significance of the Study**

The result of the study will help students to know what are the possible effects of internet usage  
to their academic performance, and also for their parents to do so. It will give students more  
knowledge about the importance of giving time for themselves, family, and friends. Internet is  
truly useful, but anyone should know their limitations in using it. This research will also help the  
future parents of our generation as the result given by this research will determine how should  
they raise their child. By the help of this study, they may know all the negative and positive  
impacts of Internet in school, family, children, and all who use Internet.

### **Statement of the Problem**

This study will need to know how the internet affects the academic performance of the chosen students. And it will show well, all its positive and negative effects to a student's physical appearance, mental behavior, social relationship, and emotion. The study will answer these questions specifically:

1. How does internet usage affect students' academic performance?
2. How long does a student browse or use the internet daily?
3. What are the top browsed social media websites used by students?
4. Do use of internet affect its users?

### **Objectives of the Study**

- To give awareness to students what are the possible effects of using the internet on their personal and academic life.
- To help the parents of the student's guide their children on how to use the internet in its most form.
- To know what are the possible effects of using the internet to the future of students and their personal life.
- Determine if the students' academic performance is affected by their Internet usage.

### **Scope and Delimitation of the Study**

Under this research are the students of AMA Basic Education of Apalit. This study helps those persons to know how to manage their time, so they can have time to spend for important things. The researcher chooses Grade 12 students because they are the one who have more experience in using the internet. Respondents are limited to Grade 12 students only.

## **Definition of Terms**

**Computer Vision Syndrome** – is a condition resulting from focusing the eyes on a computer or other display device for protracted, uninterrupted periods of time. (Wikipedia)

**Website** –is a collection of related web pages, including multimedia content, typically identified with a common domain name, and published on at least one web server.

**Newsfeed** – is a feature of the social network Facebook. The web feed is the primary system through which users are exposed to content posted on the network.

**Millennial** – a person reaching young adulthood in the early 21st century. A part of the digital natives of 21<sup>st</sup> century.

**Cyber** – characteristic of the culture of computers, information technology, and virtual reality.

**Social Media** – websites and applications that enable users to create and share content or to participate in social networking.

**Email** – messages distributed by electronic means from one computer user to one or more recipients via a network.

**Acne** – The occurrence of inflamed or infected sebaceous glands in the skin; in particular, a condition characterized by red pimples on the face, prevalent chiefly among teenagers.

**Hormones** – a regulatory substance produced in an organism and transported in tissue fluids such as blood or sap to stimulate specific cells or tissues into action.

**Stress** – a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

**Adulthood** – the state or condition of being fully grown or mature.

**Introversion** – an attitude in which one directs one's interest to one's own experiential feelings rather than to external objects or other persons.

**Petabytes** – 1024 terabytes, or a million gigabytes.

**Terabytes** – a unit of information equal to one million Gigabytes

**Gigabytes** – a unit of information equal to one million Megabytes

**Data** – information processed or stored by a computer. This information may be in the form of text documents, images, audio clips, software programs, or other types of data.

**Server** – a computer or computer program that manages access to a centralized resource or service in a network.

**Apprehension** – anxiety or fear that something bad or unpleasant will happen.

**Clinical Addiction** – a complex condition, a brain disease that is manifested by compulsive substance use despite harmful consequence.

**Anxiety** – a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

**Depression** – a mental condition characterized by feelings of severe despondency and dejection, typically also with feelings of inadequacy and guilt, often accompanied by lack of energy and disturbance of appetite and sleep.

**Sleep Deprivation** – the situation or condition of suffering from a lack of sleep.

**Pore** – a minute opening in a surface, especially the skin or integument of an organism, through which gases, liquids, or microscopic particles can pass.

**Collagen** – the main structural protein found in skin and other connective tissues, widely purified form for cosmetic surgical treatments.

**Immune System** – the bodily system that protects the body from foreign substances, cells, and tissues by producing the immune response.

**Inflammation** – a localized physical condition in which part of the body becomes reddened, swollen, hot, and often painful, especially as a reaction to injury or infection.

## Chapter 2

### Review of Related Literature and Studies

#### Local Literature

Braid (2014) cited that what if technology itself made our life much stronger and secured? –that “Cyber” is not just like viewing TV or making a phone call, because once you are using internet you became a different person because you absorb lies and wrong news that you read, browse and see on the internet. It can cause addiction which is explained as an excessive form of seeking.

Acut *et al.* (2016) cited that the internet brought the ability for us to learn almost everything in the palm of one’s hand. They also said that there is an increasing interest in self-directed, curiosity-based learning that has existed long commonly in other branches of learning. With the existence of internet, mobile devices, and other technologies which are pervasive in education, the traditional way of literacy as the ability to read and write has expanded to cover the deep understanding of digital tools and information. They concluded in their research that there is no statistically significant association between the academic performance of their respondents when using the internet. They had a final conclusion that Internet usage has no significant relationship between a student’s academic performance.

Camus (2017) cited that *Philippines* is in the 1<sup>st</sup> place in terms of time spent on social media. He cited that Filipinos spent an average of 4 hours and 17 minutes per day on social media websites such as Facebook. He said however, it’s surprising that even though Philippines is among the slowest internet connection in Asia-Pacific, it has topped the most time spent on social media.

Reyes (2016) cited that a study from *Philippine Council for Health Research and Development* shows that as many as 80 percent of teenagers in *Philippines* have acne, and some carry it until adulthood. The research also shows that acne is actually linked to more factors such as stress and hormones. Stress also showed to be a cause of a lot of illnesses, because it creates an imbalance in one's system.

Velasco (2015) cited that one major thing that has been gradually eroding the health of the Philippines is lack of sleep. He said that proper sleep has been proven to help students perform better in school the following day, particularly in complicated tasks like math. He also added that Decision-making and emotional stability are also affected by the right amount of good sleep.

Gines (2017) said that a disturbing fact about internet usage is that at least 90 percent of Filipino computer and electronic-gadget users are at risk of suffering from computer vision syndrome. He said that a person who has CVS may experience eye strain, redness, blurred vision, dry eyes, headache and neck and shoulder pain. He added that one of the severe factors who which increases the likelihood of CVS is glaring on the screen.

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### **Foreign Literature**

Castells (2014) cited that the media often reports that extensive use of internet results to increased risk of isolation, withdrawal from society and introversion but available evidences shows that internet usage neither isolate people nor reduce sociability but actually increase social engagement, sociability, and their relationship to their family, friends and other cu

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Dave (2014) cited that according to Joey Riley from an interview, internet addiction is not a clinical addiction. It weakens our bond in our social communication, for example is talking

to someone, because they are not going in personal interaction, they get used to it. We do our conversation by email, chatting, or texting. We are not wasting our time to meet them, in just one tap you can already talk to one.

Sharma (2018) said that the use of social media for students are very important but only if they are using it for learning and research. Otherwise it's the biggest obstacle in their personal development and career which will hinder their productivity in life.

Khan (2018) cited that receiving or seeing fake news is another hazard of an advancement of our technology. He said that as people are more active on social media, they see various posts that include news, pictures, and contents which affect their mindset towards certain things/persons/scenarios to a great extent. He said that students are more vulnerable to fake news because they have young minds and have little knowledge about factual data's hence, they get easily influenced by fake news sources.

Dirani *et al.* (2015) cited that in their research, visual diseases or poor eyesight is not playing a significant role in predicting an academic school performance. They had a final conclusion that having a poor eyesight does not affect a student's academic performance directly.

Johnson (2016) cited that poor sleep has been linked with a great increase in risk of developing anxiety, depression, weight gain, reduced immunity to diseases. He also cited that studies have found that there is a relationship between sleep deprivation and high blood or heart disease.

Mackenzie (2018) cited from another study that **Acne** is linked with a significant increased risk of **depression**. She said that skin conditions and acne alike can have both mental and emotional effects. She also cited from Doris Day, a board-certified dermatologist, "*There is*

*an emotional connection to things you see on your skin*". Their findings also suggested that as acne is treated and cleared, the risk of depression returns to normal levels.

Kerkar (2018) cited that sleep deprivation can result in acne. He said that acne is mostly caused by hormonal changes... Acne is caused by an obstruction and irritation in the sebaceous glands... Too much of oil discharge prompts blockage of the pores and this results to a clogged up dirt on the skin. In his own research, he found out that there is an underlying impact of lack of sleep to stress, a reason for acne. He also said that sleep deprivation interferes with your body's recovering capacities, bringing about less collagen creation that compromises your skin. Lastly, he said that lacking the required sleep can likewise cause systemic irritation. One's immune system suffers when there is an absence of rest or sleep that may lead to an increase in inflammation in the body.

Mitchell (n.d.) estimated that online storage and service companies like *Google, Amazon, Microsoft* and *Facebook* contains at least 1,200 petabytes which is 1.2 million terabytes or 12,000,000,000 gigabytes of data. And he also added that, that figure excludes bigger providers like Dropbox, Barracuda and SugarSync, etc., to say nothing of massive servers in industry.

## **Synthesis**

Internet affects all aspect of our daily life. Bringing new information to people, but not all information's were true, there is a thing called "Fake News". One should always be mindful on what they read on the internet and from any sources. Being a victim of fake news poses risks not only for a short time but also for the future. This might help us know what are the things that can possibly happen when we use the internet for us to open our mind the risks that the internet can bring us and to know what are the best things to do to further make our life more productive.

## **Chapter 3**

### **Research Methodology**

This research was conducted through surveys, and deep searching for all data gathered together. The researchers chose wisely every single word that we used. It is supported by data from specific, prominent, and trusted sources. These are the following steps that the researcher did to gather the data:

#### **Research Design**

From a few questions, the researchers gathered the information through questionnaires surveyed to the Grade 12 Students of AMABE. The researchers used quantitative method to 100 students of AMABE. The researchers want to know if there are students who have experienced it and what do they feel while creating a bond with the internet. This research is focused on what might happen on those students who is experiencing it and also to know who they are. All the gathered data would be wisely analyzed and evaluated to have better understanding from it.

#### **Instruments**

The instruments used to gather the specific information was via questionnaires created by the researcher. The researchers constructed those questions through the help of some articles for a better connection of the questions to the research. This may help them to gather the data from the chosen Grade 12 Students of AMABE. Under those questionnaires were the questions which are specifically and wisely chosen to conduct the survey and complete the information's.

### **Data gathering procedure**

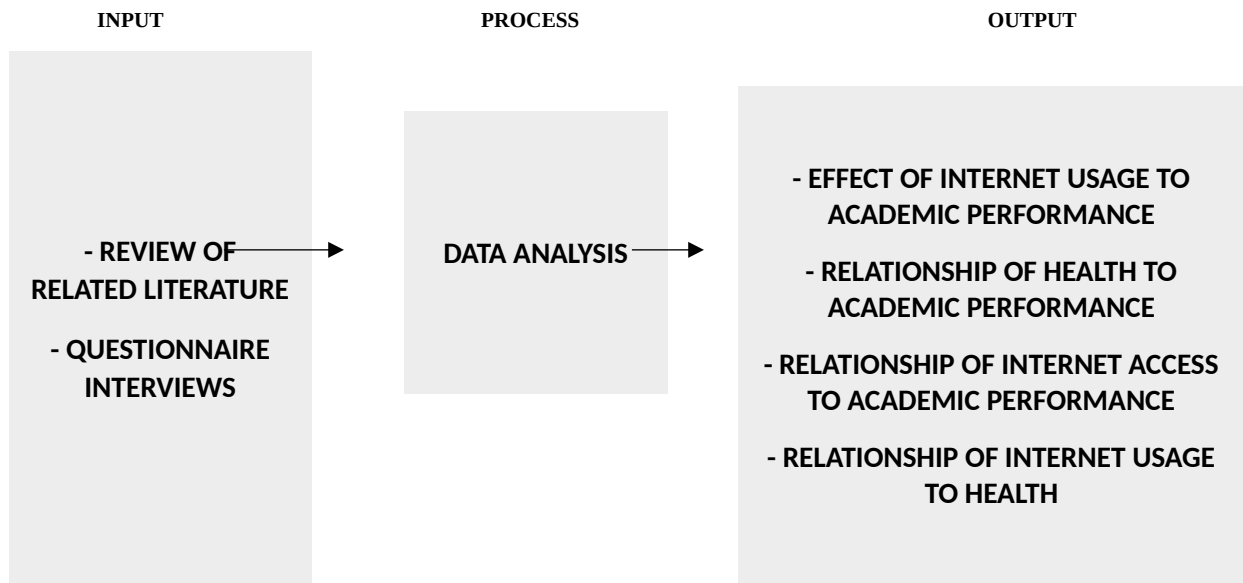
After the questionnaires were totally arranged and analyzed, the researchers asked permission to those students under the research. The researcher chooses and finds students to answer all the following questions under it. All the respondents must read every single word for them to know deeply why the researcher is conducting this kind of research for them to have ideas and for the to answer carefully. All the information gathered from the interview would be analyzed and evaluated by the researcher for them to finish the research.

### **Data Processing and Statistical Treatment**

The researchers handed questionnaires to students and was checked if there are errors in answers. When gathering the data, the students were strictly monitored. The data was encoded, analyzed and tallied into an organized process by using into Microsoft Excel with a manual formula. The students' perception were quantified using the five-point Likert Scale interpreted as follows:

<b>Range</b>	<b>Interpretation</b>
1.0 0– 1.49	Strongly Disagree
1.50 – 2.49	Disagree
2.50– 3.49	Neutral
3.50 – 4.49	Agree
4.50 – 5.00	Strongly Agree

### **Conceptual Framework**



## Statistical Tool

The researchers used the following formula in order to get the weighted mean and standard deviation needed to gather the data that will be used in order to complete the study.

- **Weighted Mean**

Formula

$$\bar{X} = \frac{\sum X}{\sum w}$$

Where:

$\bar{X}$  = mean

$x$  = raw data

$w$  = weight

Weighted Mean formula converted into an Excel equation

$$=(SD*1+D*2+N*3+A*4+SA*5)/Total\ no.$$

### ▪ Standard Deviation

Formula

$$s = \sqrt{\frac{\sum (x - \bar{x})^2}{n}}$$

Where:

$s$  = standard deviation

$x$  = raw data

$\bar{x}$  = mean

$n$  = sample

Standard Deviation formula converted into an Excel equation

=SQRT(((SD\*(1-MEAN)^2+D\*(2-MEAN)^2+N\*(3-MEAN)^A\*+(4-MEAN)^2+SA\*(5-MEAN)^2))/SUM(C2:G2))

## Chapter 4

### Presentation, Analysis, and Interpretation of Data

This chapter presents all the data gathered from the surveys, the results of the statistical analysis, and the interpretation of how the researcher views the result. The results are present in the tables ordered in it's own affecting factor of how the internet affects a student's academic performance.

### Results

Table 1: Positive Effects

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Mean	Verbal Interpretation	Standard Deviation
My use of internet helped me maintain my grades	<b>1</b>	<b>2</b>	<b>54</b>	<b>13</b>	<b>30</b>	<b>3.69</b>	Agree	0.803
My use of internet helped me Search faster for all information's that I need	<b>4</b>	<b>5</b>	<b>16</b>	<b>29</b>	<b>46</b>	<b>4.08</b>	Agree	0.994
My use of internet helped me build my current skills	<b>0</b>	<b>4</b>	<b>58</b>	<b>4</b>	<b>34</b>	<b>3.68</b>	Agree	0.839
My use of internet helped me get a higher-than-normal	<b>4</b>	<b>11</b>	<b>54</b>	<b>4</b>	<b>27</b>	<b>3.39</b>	Neutral	1.068

grade								
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Question #2 from table #1 got the highest mean of 4.08 (*My use of internet helped me faster for all information's that I need*) which implies that the greatest of internet to students is a faster way to search for all the information needed. This has been the main feature of internet which is to create a superhighway of information as according to Mitchell (*n.d.*), The internet contains at least 1200 petabytes or 12 billion gigabytes of information or data. Question #1 got the second highest mean of 3.69 (*My use of internet helped me maintain my grades*) which implies that the internet has helped the students positively on their academic performance through maintaining their current grades. This can be viewed as internet being an aid to do tasks as a senior high school student of AMABE.

Question #3 from table #1 got the second lowest mean of 3.68 (*My use of internet helped me build my current skills*) which implies that by the use of internet, students have developed their well-built skills. As the internet provides many ways for someone or for a student to learn, it offers doors for their self-development. Question #4 got the lowest mean of 3.39 (*My use of internet helped me get a higher-than-normal grade*). Some of the students agreed and some don't. This can be seen as internet having no direct impact on improving one's academic performance.

*Table 2: Negative Effects*

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Mean	Verbal Interpretation	Standard Deviation
The internet became more important than other things (I became addicted to it)	8	20	40	4	28	3.24	Neutral	1.255
By using the internet, I've got/had lower-than-normal grades	5	33	37	10	15	2.97	Neutral	1.060
By using the internet, I've got/had failing grades	14	38	31	10	7	2.58	Neutral	0.9
In using the internet, I receive or browse fake news sometimes	6	9	25	12	48	3.87	Agree	1.193
<b>Average</b>						<b>3.16</b>	Neutral	

Question #4 from table #2 got the highest mean of 3.87 (*In using the internet, I receive or browse fake news sometimes*) which implies that the worst effect of internet to students is its credibility of information. As the internet hosts billions of websites, 1.2 billion specifically, according to **Fowler** on 2018, this increases the chance of students encountering one. Question #1 got the second highest mean of 3.24 (*The internet became more important than other things (I became addicted to it)*). Some students agreed that they become addicted in using the internet, and some didn't.

Question #2 from table #2 got the lowest mean of 2.97 (*By using the internet, I've got/had lower-than-normal grades*). Some students again agreed that their academic performance decreased or got worse and some didn't. Question #3 got the second lowest mean of 2.58 (*By using the internet, I've got/had failing grades*) Some students agreed, and some disagreed on the effect of internet to their academic performance through having failing grades (lower than 75).

*Table 3: Internet Usage*

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Mean	Verbal Interpretation	Standard Deviation
I use the internet for at least 5 Minutes to 1 Hour	10	26	23	10	31	3.26	Neutral	1.365
I use the internet for at least 1 Hour to 3 Hours	7	19	29	13	32	3.44	Neutral	1.296
I use the internet for at least 3 Hours to 5 Hours	8	11	22	21	38	3.7	Agree	1.250
I use the internet all day	7	17	23	31	22	3.44	Neutral	1.173
I do not use the Internet at all	33	19	10	29	9	2.62	Neutral	1.280
<b>Average</b>						<b>3.29</b>	Neutral	

Question #3 from table #3 got the highest mean of 3.7 (*I use the internet for at least 3 Hours to 5 Hours*). Some students agreed that they are using the internet for at least 3 to 5 hours. The result

can be supported from a study conducted by *Rappler* on 2018 which concludes that Filipinos use the internet for at-least 4 hours in average. This concludes that the value of the finding falls into the normal usage time. Question #2 got the second highest mean of 3.44 (I use the internet for at least 1 Hour to 3 Hours use the internet for at least 1 Hour to 3 Hours). Students agreed are using the internet for at least 1 to 3 hours.

Question #1 from table #3 got the highest mean 3.26 (I use the internet for at least 5 min hour). Some students agreed that they are using internet for at least 5 minutes to 1 hour. Question #5 from table #3 got the lowest mean of 2.62 (I do not use the internet at all). For some reason, some students don't use the internet. Again, some students agreed that they are using the internet to browse or search some important information.

Table 4: Top Browsed Website

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Mean	Verbal Interpretation	Standard Deviation
I use Facebook	7	8	2	39	44	4.05	Agree	1.177
I use Twitter	9	11	16	36	28	3.63	Agree	1.209
I use Instagram	12	9	7	39	33	3.72	Agree	1.304
I use YouTube	17	5	5	31	42	3.76	Agree	1.449
I don't use social media websites at all	52	22	13	3	10	1.97	Disagree	1.394

<b>Average</b>						<b>3.42</b>	Neutral	
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Question #1 from table #4 got the highest mean of 4.05 (I use Facebook). Students agreed that they are using Facebook for communication and satisfaction through post and comments which can be assumed as a need for fulfilment of social approval and apprehension, according to Summer (2013). The result can be supported by another research of *Rappler* conducted on 2017 which concludes that Filipinos use Facebook with users of 1.871 billion. Question #4 from table #4 got the second highest mean of 3.76 (I use YouTube). Students agreed that they use YouTube to watch videos and some cool stuff and to gain more knowledge.

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Question #3 from table #4 got the highest mean of 3.72 (I use Instagram). Students agreed they are using Instagram to see some celebrity pictures and videos. Question #2 from table #2 got the second highest mean of 3.63 (I use Twitter). Students agreed that they are using Twitter to see some celebrity tweets, thoughts, videos, and pictures.

*Table 5: Physical Health Effects*

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Mean	Verbal Interpretation	Standard Deviation
My use of internet helped me know how to be physically fit	<b>19</b>	<b>11</b>	<b>46</b>	<b>13</b>	<b>11</b>	<b>2.86</b>	Neutral	1.357
My use of internet helped me know the symptoms and treatments of my	<b>6</b>	<b>19</b>	<b>32</b>	<b>10</b>	<b>33</b>	<b>3.45</b>	Neutral	1.284

current/past disease								
My use of internet made my eyes itch after using it	<b>10</b>	<b>16</b>	<b>29</b>	<b>12</b>	<b>33</b>	<b>3.4</b> <b>2</b>	Neutral	1.353
My use of internet made me get a worse and higher eyesight grade (or blurry vision) after long exposures to it	<b>4</b>	<b>14</b>	<b>37</b>	<b>12</b>	<b>33</b>	<b>3.5</b> <b>6</b>	Agree	1.166
My use of internet helped me have a better physical appearance (blogs/tutorials/c elebrities)	<b>5</b>	<b>17</b>	<b>45</b>	<b>11</b>	<b>22</b>	<b>3.2</b> <b>8</b>	Neutral	1.193

Question #4 from table #5 got highest mean of 3.56 (My use of internet made me get a worse eyesight grade or blurry vision after long exposures to it). Some students agreed that they are having a worse eyesight or having vision problems in using the internet. According to **Gines** (2017), “90% of computer and electronic-gadget users are at risk of developing CVS or Computer Vision Syndrome”. The result can be viewed as students are more exposed to internet, the risk of developing eye problems increases. Question #2 from table #5 got the second highest mean of 3.45 (My use of internet helped me know the symptoms and treatments of my current/past disease). Some students agreed that in using the internet, it helped them know how to treat their diseases, (minor or major) and know the symptoms for preventing it.

Question #3 from table #5 got the second lowest mean of 3.42 (My use of internet made me my eyes itch after using it). Some students agreed that their internet usage is making eyes itch after using it.. Question #5 from table #5 got the lowest mean of 3.28 (My use of internet helped me have a better physical appearance). Some students agreed helped them to get better appearance by searching information's in the internet.

*Table 6: Mental Health Effects*

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Mean	Verbal Interpretation	Standard Deviation
My use of internet made me become mentally fatigued after short or long uses	<b>4</b>	<b>16</b>	<b>40</b>	<b>10</b>	<b>30</b>	<b>3.46</b>	Neutral	1.188
My use of social media made me become depressed sometimes	<b>8</b>	<b>21</b>	<b>34</b>	<b>9</b>	<b>28</b>	<b>3.28</b>	Neutral	1.328
After using the internet, I get difficulties in sleeping	<b>4</b>	<b>9</b>	<b>23</b>	<b>23</b>	<b>41</b>	<b>3.88</b>	Agree	1.081
I become entertained in using the internet	<b>5</b>	<b>8</b>	<b>27</b>	<b>43</b>	<b>17</b>	<b>3.59</b>	Agree	0.960
I become socially awkward	<b>5</b>	<b>11</b>	<b>49</b>	<b>18</b>	<b>17</b>	<b>3.31</b>	Neutral	1.084

after a long usage of internet (long exposure)								
<b>Average</b>						<b>3.5</b>	Agree	

Question #3 from table #6 got the highest mean of 3.88 (After using the internet, I get difficulties in sleeping). Students agreed that in using the internet, they are having sleeping problems. According to **Velasco (2015)**, “One major thing that affects the life of Filipinos is lack of sleep”. He added that proper sleep has been proven to help students perform better in school the following day. However, this has been on the opposite side as students are more exposed to sleep deprivation. Question #4 from table #6 got the second highest mean of 3.59 (I become entertainment in using the internet). Some students agreed that they are practicing in internet to socialize and communicate with others.

Question #1 from table #6 got the second lowest mean of 3.46 (My use of internet made me become mentally fatigued after short or long uses). Some students agreed that they become mentally tired after using the internet and some did not. This can be viewed as the internet having no effect in mental tiredness. Question #5 however got the lowest mean of 3.28 (My use of social media made me become depressed sometimes) This implies that the internet has more positive effects to students than having negative ones.

*Table 7: Conclusions*

<b>Factor</b>	<b>Mean</b>	<b>Verbal Interpretation</b>
1. Positive Effects	3.71	Agree (Positive)
2. Negative Effects	3.16	Neutral (Negative)
3. Internet Usage	3.29	Not interpretable
4. Top Browsed Website	3.42	Not interpretable
5. Physical Health	3.31	Neutral (Negative)
6. Mental Health	3.5	Agree (Negative)

## Chapter 5

### Summary, Recommendations and Conclusions

This chapter presents the summary of findings; their recommendations for solving the problem and their recommendations for the next researchers, and the main conclusion of the research.

This study was conducted AMA Basic Education with a total of one hundred respondents. The researcher used a checklist-questionnaire method (Likert Scale) in order to reveal the relationship of the variables. A weighted mean was used to describe the results from these Likert Scale variables

#### Summary of Findings

The special problem was determined to be the factors affecting the performance of the Senior High School students of AMA Basic Education academically, in particular. It aims to find out the appropriate answers to the following questions: How does internet usage affect students' academic performance positively and negatively; how many hours does a student use in browsing the internet in an average; what are the top browsed social media websites used by students and do use of internet affect a student's health physically and mentally.

The findings of this study were:

- There were no signs of internet addictions to students,
- However almost all students are exposed to internet
- The internet has both positive and negative effects but there are more negative effects.

- However, these effects did not have a direct effect to a student's academic performance on AMABE.
- There is no direct relationship of internet usage to a student's academic performance.
- Internet has affected student's positively in terms of information access.
- Internet has no direct negative effect to a student's academic performance.
- Even though students receive fake news, they still performed well on AMABE.
- Use of internet helped students maintain their grades.
- The greatest negative effect of internet usage to students is having eye problems or worse eyesight.
- Students greatly disagreed that they are having failing grades because of internet usage.
- 60% or more than half of the students are having difficulties in sleeping.
- Students greatly disagreed that they are getting depression and this concludes that internet usage has no effect to the mental health aspect of students.

## **Conclusions**

The researchers had a final conclusion that Internet usage has no direct relationship to a student's academic performance. However, the findings show that Internet usage has an effect to the factors affecting a student's academic performance. This was the respondents' mental and

physical aspect. In terms of mental aspect, the greatest effect of it appears to be experiencing sleep deprivation. This sleep deprivation can lead to acne production which can then lead to depression, according to one of our sources. In terms of physical aspect however, the greatest effect appears to be having vision problems (blurred eyesight or higher eye-grades). This can affect a student's academic performance as most school's depend on visual learning. Lastly, two research agreed to the result that the researchers had. The study's result is surprising because although students have negative factors affecting their life, physical and mental health in particular, they still performed well and maintained their grades on AMA Basic Education of Apalit.

## **Recommendations**

The researchers of this study recommend the following:

- Students should reduce their internet usage as it has a negative effect in terms of visual related problems.
- Parents of the students should guide every child to identify what is real and what is not as the result of this study shows that most students are receiving or browsing fake news.
- Conduct a deeper, more specific study for improving the result. Parents can be personally interviewed for a more accurate result.
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