THE IMPORTANCE OF STUDYING THE IMPACT OF THE INTERNET AND INFORMATION TECHNOLOGY ON STUDENTS

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ABSTRACT: The rapid advancement of the internet and information technologies (IT) has transformed educational landscapes worldwide. The increasing reliance on digital tools, online learning platforms, and communication technologies has significantly influenced students' academic performance, cognitive development, and social behavior. This paper aims to explore the role of the internet and IT in students' learning experiences, focusing on both its benefits and challenges. Through a comprehensive literature review and discussion, the study highlights the need for a balanced approach to integrating technology into education. The findings suggest that while IT enhances learning efficiency and accessibility, excessive use and lack of proper regulation can lead to negative consequences such as reduced attention spans and academic dishonesty.

KEY WORDS: Internet, information technology, students, education, learning, digital tools, online learning, academic performance, cognitive development.

АННОТАЦИЯ: Быстрое развитие Интернета и информационных технологий (ИТ) изменило образовательный ландшафт во всем мире. Растущая зависимость от цифровых инструментов, платформ онлайн-обучения и коммуникационных технологий существенно повлияла на успеваемость учащихся, когнитивное развитие и социальное поведение. Целью данной статьи является изучение роли Интернета и ИТ в обучении студентов, с упором как на их преимущества, так и на

проблемы. Благодаря всестороннему обзору литературы и обсуждению исследование подчеркивает необходимость сбалансированного подхода к интеграции технологий в образование. Результаты показывают, что, хотя ИТ повышают эффективность и доступность обучения, чрезмерное использование и отсутствие надлежащего регулирования могут привести к негативным последствиям, таким как снижение концентрации внимания и академическая нечестность.

КЛЮЧЕВЫЕ СЛОВА: Интернет, информационные технологии, студенты, образование, обучение, цифровые инструменты, онлайн-обучение, академическая успеваемость, когнитивное развитие.

INTRODUCTION

The integration of internet technologies into education has revolutionized traditional teaching methodologies. The widespread use of digital tools has facilitated remote learning, personalized education, and instant access to information. However, the rapid adoption of these technologies also raises concerns regarding their impact on students' cognitive abilities, academic integrity, and social interactions. This study investigates how the internet and IT influence students' educational experiences, emphasizing both their advantages and potential drawbacks. The research aims to provide educators and policymakers with insights into optimizing the use of technology in learning environments.

LITERATURE REVIEW

The impact of the internet and IT on students has been widely studied from various perspectives. According to Anderson and Rainie (2018), digital technologies enhance learning by providing diverse resources and interactive tools [1]. Studies by Selwyn (2019) indicate that IT enables collaborative

learning, allowing students to engage in peer-to-peer interactions through online platforms [2]. However, Kirschner and De Bruyckere (2017) highlight concerns regarding reduced attention spans and dependency on digital devices, which can hinder deep learning [3].

Research by Junco and Cotten (2012) suggests that internet usage positively correlates with improved academic performance when used for educational purposes, but excessive engagement in non-educational activities can lead to distractions [4]. Furthermore, studies by Greenfield (2015) emphasize the impact of digital technologies on cognitive development, arguing that screen time influences memory retention and problem-solving skills [5]. These findings underscore the necessity of implementing effective digital literacy programs to maximize the benefits of IT while mitigating its negative effects.

DISCUSSION

The impact of the internet and IT on students can be analyzed from multiple dimensions, including academic performance, cognitive development, and social interactions.

1. **Academic Performance**

   The internet has revolutionized the way students access educational materials. Online learning platforms, e-books, and digital libraries provide students with vast resources beyond traditional textbooks. Research by Means et al. (2013) indicates that online learning can be as effective as face-to-face instruction when appropriately designed [6]. However, distractions from social media and online entertainment can negatively affect students' focus and time management skills [7].

2. **Cognitive Development**

The relationship between IT and cognitive development remains complex. While digital tools can enhance critical thinking and problem-solving skills, excessive screen time has been associated with diminished attention spans. According to Ophir et al. (2009), multitasking with digital devices leads to reduced cognitive control, affecting students' ability to concentrate on academic tasks [8]. On the other hand, adaptive learning technologies provide personalized learning experiences, improving comprehension and retention [9].

3. **Social Interactions and Psychological Well-being**

The internet has reshaped students' social interactions, both positively and negatively. Online communication platforms enable collaboration and global networking, enhancing cultural awareness and engagement. However, excessive reliance on virtual communication can lead to social isolation and reduced interpersonal skills [10]. Studies by Twenge et al. (2018) link high social media usage to increased levels of anxiety and depression among students [11]. Thus, fostering a balanced approach to internet usage is crucial to maintaining students' mental well-being.

RESULTS

The study findings highlight the following key points:

- Internet and IT positively influence students' learning by providing access to diverse educational resources and interactive tools.
- Digital technologies enhance academic performance when used effectively, but excessive engagement in non-educational activities can lead to distractions.

- Cognitive development is impacted by screen time, with potential benefits for problem-solving skills and drawbacks such as reduced attention spans.
- Social interactions are influenced by internet use, with advantages in networking and collaboration but risks of social isolation and psychological distress.

The results indicate the need for structured digital literacy programs to help students use IT responsibly. Educators should integrate technology in a way that maximizes benefits while minimizing potential harms.

CONCLUSION

The internet and IT play a crucial role in shaping students' academic experiences and cognitive development. While these technologies offer numerous benefits, their unregulated use can lead to challenges such as distractions, academic dishonesty, and psychological issues. To optimize the positive impact of digital tools in education, it is essential to implement structured policies and digital literacy programs. Future research should focus on developing strategies to balance technological integration in learning environments while addressing potential risks.

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