

## **University Students' Internet addiction and its effects: Special Reference to Makandura Premises WUSL**

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Improvement in information and communication technology tied the world more close with internet. Internet has experience extraordinary growth in both its size and number of users around the world. Many users of the internet and its charm in recent years have led to the emergency of phenomenon known as internet addiction. A common group widely used to study internet addiction by university student. The objective of this study is to identify the internet addiction among Wayamaba University first year undergraduates. Internet addiction was measured through internet addiction test developed by young (1998). the level of internet addiction of student was defined in terms of points scored in the internet addiction test. In generally the findings of the study shows that Wayamaba University first year undergraduate who follow the degree from both faculties; Faculty of Agriculture and Plantation Management and Faculty of Livestock Fisheries and Nutrition in Makandura premises. In total 63 students of the sample was highly addicted to the internet, 101 students experiencing frequent problem with using internet for their day to day life and 219 of students are average on –line users. They surf the web a bit too long at times but have control over usage. Faculty wise addiction was 29 students of Agriculture and Plantation Management and 34 students of Faculty of Livestock Fisheries and Nutrition. There were 17 male internet adductors and 46 female adductors from the total distribution of the sample. It was further identified that students were facing many problems dealing with internet addiction such as depression moody or nervous when they are offline. Based on the result, the study suggests students should concern more on their academic activities than spending unnecessary time on the internet. University lectures would have responsibility to make student aware regarding negative consequences of internet addiction and make the students to engaging with more academic activates like group assignment, workshops, and extra activities. Also have to encourage students spend time on internet for academic purposes.

**Keyword:** *Internet Addicted, University students, Internet Usage, Internet Dependence*

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