

## The Diverse Impact of Internet Addiction on College Students: An Analysis of Behavioral and Academic Consequences

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**Abstract :** This study investigates the varied effects of internet addiction on college students, specifically examining the behavioral and academic outcomes. The widespread use of the Internet in academic settings has substantially impacted students' mental well-being and academic achievements. The study investigates the correlation between excessive internet usage and addiction, which manifests through symptoms including social isolation, anxiety, despair, and sleep disruptions. Additionally, the study examines the relationship between internet addiction and academic results, finding that kids with more severe addiction levels generally have lower academic performance, experience diminished focus, and show reduced involvement in academic tasks. The study intends to analyze the many consequences of internet addiction to gain insights into its ramifications. It also urges educational institutions to develop techniques that can reduce the negative impact of internet addiction and encourage healthier internet use among students. The results emphasize the necessity of implementing comprehensive measures to tackle the behavioral and academic difficulties caused by internet addiction among college students.

**Keywords :** internet addiction, behavioral consequences, college students, social isolation

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