ResearchGate

See discussions, stats, and author profiles for this publication at: https://www.researchgate.net/publication/326579216

Internet Use among University Students in Iringa Region, Tanzania: Trends, Threats and Mitigation

Article *in* The International Journal of Indian Psychology · July 2018

DOI: 10.25215/0603.019

CITATIONS
2

READS
737

3 authors, including:



Stephen Asatsa
The Catholic University of Eastern Africa
48 PUBLICATIONS **51** CITATIONS

SEE PROFILE

Some of the authors of this publication are also working on these related projects:

Post-doctoral Research View project

All content following this page was uploaded by Stephen Asatsa on 24 July 2018.

The user has requested enhancement of the downloaded file.

The International Journal of Indian Psychology
ISSN 2348-5396 (e) | ISSN: 2349-3429 (p)
Volume 6, Issue 3,DIP: 18.01.019/20180603
DOI: 10.25215/0603.019
http://www.ijip.in | July-September, 2018

Research Paper

Internet Use among University Students in Iringa Region, Tanzania: Trends, Threats and Mitigation

Sr. Suzanna Kipapy[1], Sr. Dr. Florentina N. Ndeke[2], Asatsa Stephen[3]*

ABSTRACT

The purpose of the study was to investigate the influence of internet on university students` moral development in three universities in Iringa region-Tanzania. The study used convergent parallel mixed method design which is both qualitative and quantitative in nature. The researcher applied Moral development Theory by Lawrence Kohlberg in 1958. The sample size was 145 participants comprising of 120 students, 13 lecturers and 12 librarians. Data were collected using questionnaire and interview schedules. Quantitative data were analysed using descriptive statistics while qualitative data were organized into themes and narratives from respondents. The findings showed that internet use was highly prevalent among University students in Iringa with 74% of the respondents reporting daily use. The highest content accessed was related to academics followed by romance most of which was accessed at night. The findings further identified plagiarism as a major vice fuelled by internet use. Major mitigation strategies against negative influence of internet identified included strong password adoption, counselling interventions, internet control policy and introduction of policy penalty codes.

Keywords: *Internet Use, Ethics, Surfing, Social Networks.*

Since the development of internet, there has been outcry against the increase of moral decay among university students .This has impacted the moral development of students directly including interpersonal behaviour, social contact, universal ethics and various dishonourable behaviour. Held & McGrew (2007), reported that 70% of Americans are somewhat worried that popular culture, as portrayed in television and movies, is lowering moral standards in the United States. The concern is fuelled by the tremendous amount of time youth are spending with the media and by their easy access to explicit content. Whereby youth can readily find

[1](Department of Psychology, the Catholic University of Eastern Africa, Nairobi County, Kenya)
[2](Department of Psychology, the Catholic University of Eastern Africa, Nairobi County, Kenya)
[3](Department of Psychology, the Catholic University of Eastern Africa, Nairobi County, Kenya)
*Responding Author

Received: June 19, 2018; Revision Received: July 6, 2018; Accepted: July 20, 2018

2018 © Kipapy, S, Ndeke, F. N, & Asatsa, S; licensee IJIP. This is an Open Access Research distributed under the terms of the Creative Commons Attribution License (www.creativecommons.org/licenses/by/2.0), which permits unrestricted use, distribution, and reproduction in any Medium, provided the original work is properly cited.

stories about violence, sexual promiscuity, theft, and greed in a variety of media outlets including fictional programming, reality shows, and rap music through the Internet.

Abdul (2014) conducted a research in Pakistan on Effect of Mobile Phone Technology on Moral Development of University Students, and noted that; people were isolated from social activities and relied mostly on communication through mobile phones. The study further argued that not only social and psychological issues but health problems also have been identified as a result of mobile phone use. Pew Research Centre Survey (2015) acknowledged that in a survey of more than 30,000 people in 32 developing nations including Uganda, Tanzania and Kenya a median of 42% percent of respondents said the Internet had a bad influence over morality, while 29% percent said it had a good influence. Young, (2013) acknowledged that; the world had significantly changed since the introduction of the internet citing issues like socialization, e- Banking, data sharing, online freelancer, checking emails, downloading, search for relevant information, booking for tickets and shop online.

Mligo (2015) investigated the use of Internet in Tanzania among university students and found that, it had much concern in today`s societies about moral decline especially in the institutions of higher learning in Songea Municipality – Tanzania. The presence of immoral issues, indiscipline and other problems among university students as a result of internet use is a worrying trend to society as it endangers the future generations.

The named problems have seriously affected students` aspects of life in interpersonal and intrapersonal behaviour, where students have developed the behaviour of telling lies, cyber bullying, low esteem, and stressing others online by using anonymous identity. Social contact is affordable through the smartphone with its social media platforms (WhatsApp, Skype, Facebook, Tweeter, Instagram mails, etc.). Students value more online friends than the physical friends. Universal ethics have been eroded by students' illegal downloading, violation of other people's copyrights, illegal online gambling, interfering of personal privacy and cyber bullying.

In Tanzania very few studies have been done in the area but none had been done in Iringa region. However such studies have not yet touched Internet influence on Moral development. It is in line with the current study focused on the Influence of Internet on university students` moral development in Iringa region – Tanzania.

METHODS

The study used Convergent Parallel mixed methods research, since the researcher incorporated both quantitative and qualitative data. Convergent parallel approach is defined as the strategy in which the researcher collects both forms of data (quantitative and qualitative) at the same time during the study and then integrates them in the interpretation of overall results (Creswell, 2014).Creswell (2017) affirmed that, mixed method research provides more comprehensive evidence for studying research problem than either qualitative or quantitative research alone. Two designs enabled the researcher to obtain both numeric and

non-numeric data from the various categories of respondents. Each approach had its shortcomings that helped to compensate and supplement of each other and yield more satisfactory results than using one research design method. The study was conducted in three universities allocated in Iringa Municipality in Tanzania, because in Iringa found all categories of universities which was needed in the study (Public, Catholic and Lutheran university). The researcher used a sample of 145 respondents: male and female from the three universities, comprising of 120 students, 13 Lecturers and 12 Librarians selected through simple random sampling, and stratified sampling respectively. Data were collected using questionnaires for students and interview schedule for lecturers and librarians. Data were analysed using univariate analysis and thematic analysis backed up by narratives from the respondents.

RESULTS

In this section the researcher focused on the trends in internet use, the problems associated with internet use and the mitigating strategies that could be employed to address the threats.

Trends

The study sought to know the trends in internet use in terms of frequency of internet access, the preferred time of internet access and the content accessed through internet among University students in Iringa region of Tanzania.

Prevalence of internet use

The researcher sought to determine the how often the participants engaged in the use of Internet in their universities**.**

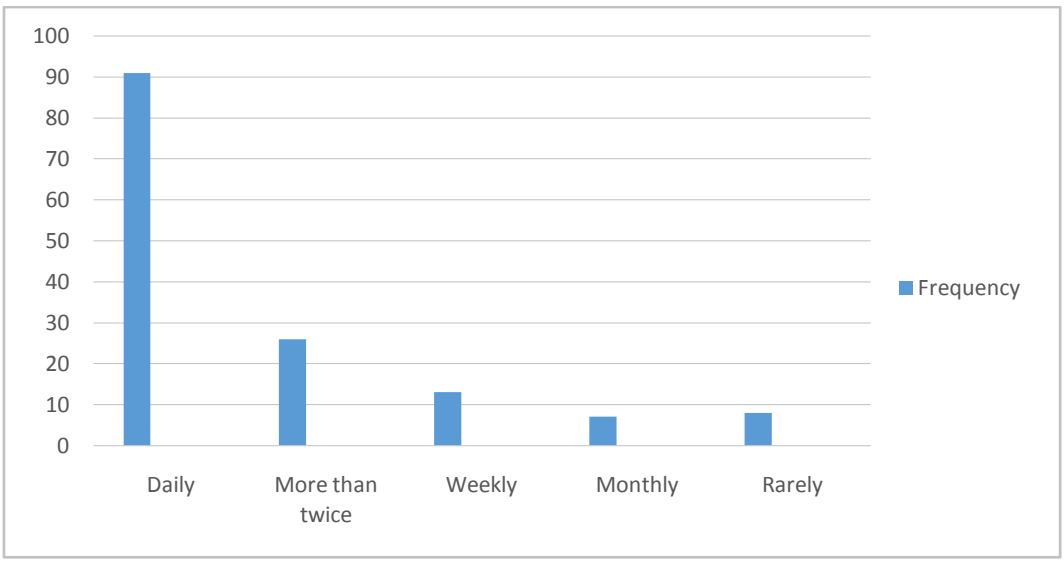


Figure 1: Bar chart showing patterns of the internet use by respondents

From figure 1, the findings indicated that 91 respondents were able to access their electronic devices on daily basis, 26 indicated more than twice a week, 13 indicated weekly basis 7 mentioned monthly and while 8 have commented to have used internet in rare cases. This showed that majority of the respondent had daily access to the internet. This means that the prevalence of Internet use remains very high among University students in Iringa region of Tanzania.

Preferred Internet access time by respondents

The researcher sought information about the preferred Internet access time by respondents. The results of this item are shared in table 1.

Table 1:Preferred Internet access time

Preferred internet access time	Frequency	Percentages
Morning hours	10	7%
Afternoon hours	14	10%
Evening hours	31	21%
Night hours	80	55%
Late night hours	10	7%
Total	145	100

The findings established that majority 7% of the respondent preferred to use the internet during the morning hours, 10% afternoon hours, 21% evening hours, 55% night hours and the rest 7% accessed the internet at late night hours. This means that majority of the respondents use the Internet at night while the minority use in the morning hours.

Contents accessed from the Internet

The researcher sought information about contents accessed from the Internet. These test results are distributed in the following table.

Table 2:Contents accessed by students from the Internet

Content accessed from the internet	Frequency	Percentages
Academic information	51	42.5%
Entertainment, games,and culture	12	10%
Relationships/Romantic and pornography	27	22.5%
Current News	12	10%
Religious information/gospel songs and Bible	18	15%
Total	120	100

The field data established that 42.5% of the respondents reported using internet for academic purposes, 10% used internet for entertainment, game and culture, 22.5% for relationships, romantic issues and pornography, 10% for current news and other content, while the rest 15% they were searching for Religious information/gospel songs, Bible/Quran reading.

Threats: Internet and universal ethical principles

The respondents were asked to indicate on a Likert scale how they agreed or disagreed with certain aspects of ethics and internet use. The responses were captured in table 3.

Table 3: Internet and Universal ethics

STATEMENTS	SA F (%)	A F (%)	U F (%)	D F (%)	SD F (%)
Privacy disclosing (putting someone`s privacy on internet to be seen by all people without permission)	46 38%	39 33%	6 5%	18 1%	11 9%
Cyber bulling (humiliating, embarrassing, harassing others using internet)	44 37%	33 28%	6 5%	19 16%	18 15%
Plagiarize (Submit other assignment or project as your own)	41 34%	52 43%	3 2.5%	9 8%	15 13%
Copyright (possessing/helping others to possess and have the right on other`s works)	41 34%	54 45%	2 2%	15 15%	9 8%
Pornographic or aggressive information (watching hostile materials through the internet)	45 38%	33 28%	8 7%	19 16%	15 13%
Cheating behavior (using internet to cheat others anonymously)	45 38%	38 32%	7 6%	16 13%	14 12%
Illegal downloading (films, music/video clips without permission)	48 40%	33 28%	7 6%	17 14%	15 13%
Online gambling (online poker, online sports betting, online lotteries, online bingo, etc.)	45 38%	42 35%	6 5%	14 12%	13 11%
Illegal activities (selling faked products or offensive pornographic materials, compensated dating)	48 40%	28 23%	9 8	18 15%	17 14%

The findings indicated that majority of the participants agreed with the statement that they had been using the Internet for Privacy disclosing (putting someone`s privacy on the internet to be seen by all people without permission) and at least 38% of the respondents were in support of this concepts. Majority 37% of the respondent agreed with the statement that they had been engaging in cyber bulling (humiliating, embarrassing, harassing others using

internet), 34% strongly agreed with the use of internet to Plagiarize and submitting other assignment or project as their own, as well as the copyrighting 45% agreed to have been possessing/helping others to possess and have the right on other`s works, 38% strongly agreed to the statement about Pornographic or aggressive information that they had been using internet in watching pornography videos and hostile materials through the internet). Others (38%) strongly agreed to have been using internet for cheating others anonymously, 40% strongly agreed to use internet for Illegal downloading like films, music/video clips without having permission from the owner, 38% strongly agreed to use internet for online gambling, online poker, online sports betting, online lotteries and online bingo, and other respondents agree with the statement that internet has influenced them to engage in illegal activities like selling faked products or offensive pornographic materials and compensated dating. One lecturer was cited during the interview saying:

> *"The problem of privacy disclosing have reported by some students, trusting each other as friends and knowing password of friends has caused them checking their colleagues` results in their portal and disclose it without authorization of the owner. Such behavior has caused conflicts among some students in the university"*

Source: (Personal communication, interviewee December 6th 2017)

The majority of respondents who answered the question about how serious the problems against universal ethical principles has observed among students in the university, admitted that; the problem existed in different levels.

> *"There are some cases has reported but not in a very serious for example: cyber bulling, privacy disclosing, online gambling, illegal downloading and illegal activities. But the behavior of submitting other assignments from internet, cheating behavior in exams using smartphone, watching and viewing pornographies pictures, using phones during the class sessions are common in the universities though there is high control that a student should not plagiarize and should not enter with any electronic materials during examination, these are strictly prohibited. In addition, to ensure these lecturers have been trained in seminars how to operate the program of detecting plagiarism.*

Source: (Personal communication, interviewee December 6th 2017)

Plagiarism through Internet

Concerning Plagiarism and behavior against universal ethics like submitting others` assignments done by other students from another universities or project as their own, the researcher wanted to know to what extent students from the three universities abuse and act against it. The findings of this item are presented in table 4.

Table 4: ***The rate of plagiarism through Internet***

Rate	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Agree	41	34.2	34.2	34.2
Agree	52	43.3	43.3	77.5
Undecided	3	2.5	2.5	80.0
Disagree	15	12.5	12.5	92.5
Strongly Disagree	9	7.5	7.5	100.0
Total	**120**	**100.0**	**100.0**	

On the item about plagiarism behavior of submitting others assignments and projects the responses were 34.2% students strongly agreed with the statement, majority 43.3% of those responding in this items agreed with the statement, 12.5% disagreed with the statement of using internet for plagiarism, 7.5% strongly disagreed and 2.5% of the respondents were undecided in using internet for plagiarism or not.The implications of these findings are that the majority of respondents acknowledged to have been engaging in plagiarism and by doing so, it is obvious that they have been going against and violating the universal ethical standards. University lectures and other stakeholders need to be informed the contemporary challenges that are associated with the Internet use and offer an appropriate foundation to the students' population on the positive use of devices while they are on the Internet.

The education stakeholders such as lecturers, parents, librarians, Ministry of Education officials and religions` societies groups like (UKWATA-Umojawa Kikristowa Wanafunzi Tanzania – Christians Union, TYCS-Tanzania Young Catholic Students and UVK-Umojawa Vijanawa Kiislamu – Islamic Youth Union) need to realize the problems facing the youths and create awareness of the usefulness of the internet applications in the universities so as to observe the universal ethical related to moral development in universities.

Research participants were aware of the effect of internet use on universal ethics. They were of the support of effective use and rules of internet communications and the acceptance of the cultural norms and values, which in one-way or the other has greater role on the character formation and behavior in every person in the society to maintain universal ethics in the use of internet.

The researcher posed the question to the interview respondents (lecturers) seeking to establish whether there was Influence of internet use among university students who were violating universal ethical principles among university students. The findings obtained from the interview with almost all lectures who participated in the study, showed that plagiarism in terms of submitting others` assignment downloaded from the internet, copy and paste was common in all three universities, by doing so they were against with universal ethical principles which are; justice, unconditional love, respect, equality, fairness and equality for all.

Mitigation

The data on mitigation was collected from students, lecturers and librarians in the form of open-ended question and the answers given in a narrative form to establish what the possible measures could be in the management of the abuse of internet access across the higher learning institutes in Iringa Region. The results were analyzed and presented in table form concerning the question about the measures of alleviating the problems of internet use among university students, however, the researcher recorded the repeated answers as follows in the table below.

Table 5: Measures of alleviating the antisocial use of the Internet

Measures of alleviating the antisocial use of the internet	Frequency	Percentages
Strong password adoption (Remote access control)	28	19%
Psychological guidance and counseling	22	15%
Develop the internet control policy in the university	48	34%
University to introduce policy penalty codes	26	18%
Introduction of firewall An Intrusion Detection System (IDS)	21	14%
TOTAL	**145**	**100%**

The results showed that 19% of respondents indicated Strong password adoption (Remote access control) whereby in observation this measure is applied in the University of Iringa only (Lutheran University), 15% mentioned Psychological guidance and counseling, 34% commented on development of the internet control policy in the university, 18% said that Introduction of policy penalty codes to the university would help solve the problem and the rest of the respondents 14% suggested the Introduction of firewall Intrusion Detection System IDS to be used within the universities premises to help in the management of the internet access abuses.

During an interview with the University Librarians about the measures that should be considered by the university to help in the management of the Internet access abuse, one respondent said,

> *"There should be seminar, workshop, need assessment and education programs to be offered in the university on self-respect and respect for others in the use of internet and promoting moral development to our university students"*

Source: (Personal communication, interviewee December 6th 2017).

As the majority of interviewee agreed that, there is a serious problem associated with the Internet access, the staff believed that the intent has interfered with not only the livelihood of the students but also their culture. One of the staff commented that

> *"At university, wherever you meet students they are with headphone in their ears or with their mobile phone every time on their hands being on social media charting with friends, this has always created heavy crack within the university and society at large, I have seen this influencing against our culture, students of nowadays can just pass without greetings as long as they are in chatting or seriously talking through phone this was never there and it is immoral"*

Source: (Personal communication, interviewee December 6th 2017).

In addition, another Librarian also shared her feelings about the measures by saying,

> *"There is a need for the parents to be aware from home, of what their young students are doing online and so they need to buy software that can give the report on real-time access activities of their sons and daughters and what they access onthe internet"*

Source: (Personal communication, interviewee December 8th 2017)

In the similar discussion, one of the Librarian said that:

> *"The university managements are supposed to ensure their monitoring of computer access in the library, the computers should be arranged in a manner that they visible from all corners by the Librarian in charge to avoid any controversial; activities within the lab"*

Source: (Personal communication, interviewee December 6th 2017).

However, apart from using internet in their phones, the observation of the researcher is that every student should be subjected to some privacy and therefore place computer in the library in a manner that is the public is not acceptable and may jeopardize their security and privacy, in addition, library is used by various students from diverse faculties and this impel that they read and access separate materials and other academic items, being on the public may interfere with their concentration hence affecting the learning process.

During an interview with both the lecturers and librarians which carried out with the study respondents in the field, the majority of the respondents shared the common agreement that there was challenge with the new trend of internet use among the students in the universities and therefore there was need for the education stakeholders to develop and implement some strict measures that can be adapted to control the internet access abuse. They felt that measures were necessary to curb the misuse of the internet within the university premises and rescues students` morals.

During an interview with the lecturers about the possible measures that can be employed to help in the management of the Internet abuse one of the lecturers commented that:

> *"There is need for the school management to identify and purchase an internet software that can be used by the lectures for the purpose of detection of possible plagiarism challenges presented by the university students in their assignments and research work"*

Source: (Personal communication, interviewee December 8th 2017)

In a similar discussion about the measures to curb Internet access abuse among the university students, another lecture said that:

> *"There is need to create rules and regulations to restrict the use of the internet in the learning, in addition, there is need for the university management to create awareness among the students concerning the correct use of the internet while at the university premises"*. And another argued that;*"The university management should provide education to students about positive internet use in relation to their moral development"*

Source: (Personal communication, interviewee December 5th 2017)

Workshop training for students on Internet use in the university was the repeated point brought by various lectures who shared their opinion on how to control internet abuse across the university premises and suggested that the school management should develop programs

such as training to give workshop and seminars on the correct use of the internet for the learning purposes. They argue that this will prepare the students morally on the best practices that must come to play during the access of the Internet from any access point within the university and beyond.

Guidance and counseling for the affected students and other internet users was emphasized duringinter view with some of the lectures on the measures to control the abuse of the internet access, they lectures shared the common understanding that the internet access has an element of addiction which is habit forming, making the students dependent of the internet. The lecturers, therefore, felt that it is important for them to employ individual professionals with the skills to manage effects of depressions and stressors. In the process interview, one of the lectures commented that

"there are some students affected on internet use, who have not only affected on their moral but also their future life, and therefore there is need for the university management to employ professional counselor to carry out guidance and counseling to the affected students the problems of internet addiction"

Source: (Personal communication, interviewee December 6th 2017).

DISCUSSION

The results revealed a high prevalence of internet access among the University students in Iringa with over 75% reporting daily access. Majority of participants (55%) reported accessing the internet mainly at night. These findings agree with the Adebayo (2006) who conducted a research on Gender, Internet use, and sexual behavior orientation among young Nigerians argues that there is a highly interactive impact as the consumption of the Internet use increase in a day out. The Internet is accessed by various electronic gadgets such as iPads, smartphone and mobile phones as established in the research. Based on these results it can be agreed that various higher learning institutions have made Internet access possible, however, it has impacts on their moral development.

On the kind of content accessed the results showed that majority of university students visited internet for academic purposes, romance and pornography, religious purposes and entertainment. This agrees with the Smahel, Brown and Blinka (2012) who conducted the study on associations between online friendship and Internet addiction among adolescents and emerging adults, and established that young adults, consumptions of romantic content from the internet in the pretext of watching music, games, entertainment, and movies were high and this implicated the young adult's sexual activity. Based on this current study findings, it is clear that respondents including students and staff were able to access various types of content from the Internet access points. Although, the resources or contents, which are greatly viewed by the respondents, were clear that, watching and viewing the pornography videos and naked pictures, generated them to sexual desire and the use of profane language or being explicit in nature. It may be understood that continuous interaction with such contents by students may contribute to immoral behavioral challenges such as drug addiction or sexual perversion.

Similarly, Cavalier, (2005) conducted a research on Impact of the Internet on Our Moral Lives, and commented that internet use influenced the individual behavior which affects moral and well-being. The study findings may mean that young people such as students in the universities may be addicted to the Internet cafes and gadgets, which may abuse their moral development and learning patterns in the universities. In the study, both genders were equally represented for the purpose of capturing of their voice, feelings, and perceptions as regards to the internet access and moral development.

Griffiths (2012),argues that excessive Internet users may not be "Internet addicts" because they use the Internet excessively as a means to fuel their other addiction and interest. For example, compulsive gamblers use the internet to gamble for a long time, or shopaholics spend long hours in the Internet for cyber shopping. Muhamad, Hamizan, Noor and Yanti (2016) conducted a research about 'The Cyber Ethics Issues: Factors and Impact of Internet Scamming among Undergraduate Students in the University of Malaysia' and they found that, emerging of technology had led to cybercrime issues, which affecting Malaysian society. The role of computer and smart phones and other electronic devices had become crucial in internet use prevalence due to its easy accessibility.

This study equally associated internet use with plagiarism, gambling, cyber bullyingand pornography. According to Robertson et al. (2012), in a research on illegal downloading, ethical concern, and illegal behaviour at the University of Otago in New Zealand; revealed that, downloading was prevalent with 74.5% of the student sampled admitting illegal downloading. The comparison between down loaders and non- down loaders revealed that down loaders were less concerned with the law, demonstrated to have less ethical concern and engagement in other illegal behaviours. Down loaders were also more likely to indicate that they would steal a CD when there was no risk of being caught, linking to the current study revealed that, 40% strongly agreed to have been engaging in illegal downloading.

In a similar study Eret (2014), associated internet use and plagiarism in higher education. The findings revealed that the teacher candidates had to some extent, a tendency to plagiarise using the Internet by copying material or using the same assignment in different courses. Gender, department and length of computer use were found to be significant factors affecting their tendencies to plagiarise using the Internet. Time constraints, workload and difficulty of the doing the assignments/projects were indicated as among the major reasons for tendencies towards Internet plagiarism.

The high prevalence of internet use could be fuelled by the need for social contact and support. Young (2004) noted that online social support greatly contributed to Internet addictive behaviours among those who lived lonely lifestyles such as homemakers, singles, the disabled, or the retired. Furthermore, patients who recently experienced situations such as a death of a loved one, a divorce, or a job loss may respond to the Internet as a mental distraction from their real life problems. This indicates that social support offered could somehow reduce internet access prevalence.

The current study findings reported that mitigation factors such as strong pass words, psychological guidance and counselling, internet control policy, use of fire walls and policy penalty codes could be effected as some of the mitigation strategies against the negative influence of internet. This was contrary to the recommendation of Young (2004), who suggested that, the only way to fight against moral decay due to Internet, is the mass media to show the society the effects of the situation. He added that, if media houses would set aside space to address the problem and write about it, it would definitely be reduced, as society would be transformed positively.

Hinduja and Patchin, (2012b) on the other hand reported similar findings with the current study where they advocated for use of counselling to mitigate the negative aspects of internet use in universities. They argued that, a universities should have a strong department for guidance and counselling and the climate has to bear a significant relationship with students' well-being, learning, moral and behaviour, and be an institute that adopt an ethics of care model based on a holistic approach, offering students unconditional positive regard, modelling, dialogue, and have much to teach about addressing problem behaviours to students.

The existence of polices, regulations and procedures need to be in line with reality in monitoring and sanctioning of unacceptable behaviours. As such, it is recommended by Kowalski, Limber &Agatston, (2012) that, schools find ways to make reporting easier, more open reporting and anonymous reporting of antisocial using internet needs to be encouraged and consistent approaches taken when reports arise. This is in line with the current findings which advocated for internet control policy and policy penalty codes.

Hinduja and Patchin (2012b) suggested that, developing healthy behaviours and social skills more broadly also should be part of the overall curriculum. Antisocial use of the Internet and cyberbullying may stem from strain, anger, and frustration. It can be possible to stop the problems and to cope with these feelings in a healthy way. As such the provision of health education programming and emotional self-management skills to reduce strain. This would also be helpful to those Internet victims who lash back at the perpetrator over cyber-space

CONCLUSION AND CLINICAL IMPLICATIONS

The study investigated the prevalence of internet use, trends associated with it and the mitigation strategies among university students in Iringa region of Tanzania. High prevalence of internet use was reported with majority of participants accessing it at night. Apart from positive use of internet for academic and religious purposes, participants also reported to negative use of internet through plagiarism, pornography, gambling, cyber bullying and romance. Even though internet has some negative effects on university students, its use cannot be terminated. As the findings of this study indicated, universities need to incorporate the dangers of internet use in their guidance and counseling programs. Students need to be guided on critical thinking so as to acquire skills for discriminating useful information and destructive information from the internet. Promotion of positive use of internet would also

help to counter the rising negative influence of internet. Academic discussion forums, internet based religious fellowship and Life skills discussion forums could be some of the other productive ways that students could be engaged on internet.

REFERENCES

Abdul, M. K. (2014). *Effect of Mobile Phone Technology on Moral Development of University Students*, Academic Publishing House Researcher, Russian Federation. Pakistan.

Adebayo, D. O., Udegbe, I. B., &Sunmola, A. M. (2006). Gender, Internet use, and sexual behaviour orientation among young Nigerians. *Cyberpsychology & Behaviour, 9*(6), 742-752.

Cavalier, R. J. (2005). *Impact of the Internet on Our Moral Lives*, The. SUNY Press. New York.

Creswell, J. W., & Clark V. L. (2014). *Designing and conducting mixed methods research*, Sage Publications, New York

Creswell, J. W., &Poth, C. N. (2017). *Qualitative inquiry and research design: Choosing among five approaches*. Sage Publications, New York

Eret, E., & Ok, A. (2014). Internet plagiarism in higher education: tendencies, triggering factors and reasons among teacher candidates. *Assessment & Evaluation in Higher Education, 39*(8), 1002-1016.

Griffiths, M (2012). Internet sex addiction: A review of empirical research. *Addiction Research & Theory 20*, 111–124.

Held, D., & McGrew, A. (2007). Globalization/anti-globalization: Beyond the great divide. Polity.

Hinduja S., &Patchin J. W. (2012b) *School climate 2.0: Preventing Cyberbullying and sexing one classroom at a time*, Thousand Oaks, CA: Corwin.

Kowalski, R. M., Limber, S. P., Limber, S., &Agatston, P. W. (2012). Cyberbullying: Bullying in the digital age. John Wiley & Sons.

Mligo, G. (2016) *Promotion of virtues among university students in Tanzania*; Masters Dissertation, Catholic University of Eastern Africa. Unpublished thesis

Muhamad, S. H., Hamizan S., Noor H. B., Yanti R. B. (2016). The Cyber ethics Issues: Factors and Impact of Internet Scamming among Undergraduate Students, *IOSR Journal of Computer Engineering, 18* (6), 63-66.

Pew Research Centre survey, (2015). *Most developing nation think the Internet is bad for morality*. Retrieved from http://www.pewglobal.orga/2015/03/19/internet seen as positive influence on education but negative influence on morality in emerging and developing nations.

Robertson, K., McNeill, L., Green, J., & Roberts, C. (2012). Illegal downloading, ethical concern, and illegal behaviour. University of Otago New Zealand. *Journal of Business Ethics, 108*(2), 215-227.

Smahel, D., Brown, B. B., and Blinka, L. (2012). Associations between online friendship and internet addiction among adolescents and emerging adults. *Developmental Psychology, 48*(2), 381-388.

Young, K. S. (2004). Internet addiction: A new clinical phenomenon and its consequences. *American Behavioral Scientist*, *48*(4), 402-415.

Acknowledgments

The researcher is obliged for all students who took part in the research and assisted to facilitate the research process.

Conflict of Interest

The authors colorfully declare this paper to bear not a conflict of interests

How to cite this article: Kipapy, S, Ndeke, F. N,& Asatsa, S (2018).Internet Use among University Students in Iringa Region, Tanzania: Trends, Threats and Mitigation. *International Journal of Indian Psychology*, *6*(3), 201-214. DIP:18.01.019/20180603, DOI:10.25215/0603.019

View publication stats