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Internet access good for our health – 16th May 2024

Level 0

A report said that Internet access is good for us. Researchers looked at two million people's Internet use and health, from 168 countries. The data was from the years 2006 to 2021. The researchers looked at life satisfaction and social life. People with Internet access were eight per cent happier.

The report said Internet access was as good as walking in nature. Being online helps people to learn new things and make friends. However, the research did not look at the harmful effects of social media. A researcher said: "Different...uses of the Internet have [very] different effects on well-being."

Level 1

Internet access is good for our health. A report suggests that being connected to the web is positive for us. Researchers looked at two million people's Internet use and health from 168 countries. The data was from the years 2006 to 2021. The researchers looked at eight factors that affect people's well-being. These included life satisfaction and social life. The researchers said people with Internet access were eight per cent happier.

One surprising conclusion was that using the Internet was as good as walking in nature. Researchers said the Internet helps people to learn new things and make friends. However, the research did not look at social media. A researcher said: "The study cannot contribute to the recent debate on whether or not social media use is harmful." He added that: "Different channels and uses of the Internet have [very] different effects on well-being."

Level 2

A study says Internet access is good for our health. The report suggested that being connected to the web is positive for our well-being. Researchers looked at data on people's Internet use and health from 168 countries. The data was from the years 2006 to 2021. It included information on two million people aged 15 to 99. The researchers looked at eight factors that affect people's health. These included life satisfaction, positive experiences, and social life. The team found that people with Internet access were eight per cent happier than those without it.

Some research conclusions were surprising. One was that using the Internet was as good as walking in nature. Researchers said the Internet helps people to learn new things, practice hobbies, and make friends. However, the research did not look at social media. Many studies show that social media negatively affects people's mental health. A researcher said: "The study cannot contribute to the recent debate on whether or not social media use is harmful." He added that: "Different channels and uses of the Internet have [very] different effects on well-being."

Level 3

A new study says Internet access is good for our health. A report from the Oxford Internet Institute in the UK suggested that being connected to the worldwide web has a positive effect on our well-being. Researchers looked at data from 168 countries on people's Internet use and mental health. The data was gathered between the years 2006 and 2021. It included information on two million people aged 15 to 99. The research team looked at eight factors that affect people's well-being. These included life satisfaction, positive experiences and happiness with social life. The team found that people with Internet access were eight per cent happier than those without web access.

The research included some surprising conclusions. One was the suggestion that Internet access had a similar, positive effect to walking in nature. It helps people to learn new things, practice hobbies, watch movies, and make new friends. However, the research did not look at how social media impacted people's lives. Many recent studies show that social media is having a negative effect on people's mental health. Researcher Tobias Dienlin said: "The study cannot contribute to the recent debate on whether or not social media use is harmful, or whether or not smartphones should be banned at schools." He added that: "Different channels and uses of the Internet have vastly different effects on well-being."