

survey respondents assure that they do not spend time on.

This circumstance is what leads the study to focus only on the activities that are causing the biggest negative impact on their productivity which are: Social Network and Surfing the Internet.

Not in vain, the results of the survey after asking 165 people at Khon Kaen University show that 28% of the respondents (45 out of 165) spend between 1 and 2 hours on social media and 47% (80 out of 165) spend more than 2 hours daily on it. In regard to the other crucial item, surfing the web, the results say that 34% of the students surveyed (55 out of 165) spend between 1 and 2 hours surfing the web and 53% of them (85 out of 165) spend more than two hours daily on that activity.

IV. DISCUSSION

After analyzing the results, and in order to reach the main goal of the research, which is to overcome the side effects of the internet and social network at university, the guidelines and patterns to be followed are:

-Social Network [8]:

- a) Know your social media goals: Reflect on what you want to achieve by being on social media. Once you know it, you can start doing what it takes to reach your goal, and eliminate the rest.
- b) Have a strategy to reach your goals: Create a roadmap for how you'll reach your goals.
- c) Learn how to use social media properly
- d) Schedule updates: Logging into Facebook or Twitter every hour to share a post or a tweet is counter-productive and distracts you from real work or study. Instead, start using scheduling tools: Hootsuite or Buffer App are some of the most popular.
- e) Limit yourself to 20 minutes per network per day (1 hour maximum): If you want to regularly studying, working or just exercising, you don't need social take over your life. Limiting the time on it will allow you to successfully do all the other tasks that really matter.
- f) Take a digital detox: If all else doesn't work, then consider taking a digital detox. Set aside a week (or at least a couple of days) to not use social media at all.

-Surfing the web [9]:

- a) Unplug from the internet: If you really need to get work done without interruptions, do not hesitate, turn off the internet. You will avoid temptations and remain focused on your task.
- b) Never "just browse" to start: Studies show that many people have certain tendencies: just after school, right after work or coming home from dinner where they switch on their computers or smartphones and just

browse. Try hard to break that bad habit and always begin with a purpose or you'll find yourself mindlessly surfing the web.

- c) Set a timer: It's really useful to set a time limit on your web search, otherwise it's more than likely that you spend more time than you wanted.
- d) Save articles for later: Most of the times it's tempting to read related and linked articles when you are surfing the web. We should strongly avoid it by strength of will or with some app like Pocket if necessary.

V. CONCLUSION

To conclude, there is a strong conviction that by following these challenging while fascinating steps, not only students but also lecturers will get back their power as productive, efficient and focused people. A big challenge is going to be faced in the coming years so it's time to start working together to overcome it.

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