

- **Introduction**

Everybody uses the internet nowadays on a daily basis. Research shows that adults use the internet almost 35 hours a week, which has risen from 24 hours a week, while teens use the internet for 9 hours a day. The internet is beneficial but at the same time, it can't always be trusted. For example, when looking for sources on the internet for my research, I can't prove that the source is actually secure without doing a few background searches on it. Sometimes, the internet can also affect our health. It is proven that being on the internet can increase depression. "The increase may be due to increased rumination, unnecessary alarm, or over-attention to health problems" (*NCBI*). To help me decide if what I am doing on the internet is right or wrong, I could use the four-way test questions. If I were to do so, in this case, I could ask myself; is it the truth, is it fair to all concerned, will it build goodwill and better friendships, and will it be beneficial to all concerned?

- **Is it the truth?**

The first question I would ask myself is, is it the truth? When making a research project, I have to know that not everything on the internet is actually the truth. So how do I make sure that I am looking at the right sources? I could background check that source. I also have to make sure that the person who wrote about the source is trustworthy by doing some research on that person. To know that, I have to make sure that it isn't copyrighted by someone else first. After making sure their source is accurate, I must make sure that their source is backed up with evidence. Even though the information uses an advanced language, it isn't always reliable. The information has to be backed up with credible evidence, and I can double-check it with different sources before I use it.

- **Is it fair to all concerned?**

The second question I would ask myself is, is it fair to all concerned? Well, that question depends on the condition. If I were to take information from a reliable source, use it in my research, and not credit the source or cite the source from where I got it, it wouldn't be fair to the person who wrote it. This would be considered plagiarism since I just copied it off from the source. Plagiarism is also considered illegal and I could be sued for it in federal court or get expelled from school. If I am doing useful things with it, then my use of the internet is fair to me. And in a sense, fair to my family as well.

Will it build goodwill and better friendships?

The third question I would ask myself is, will it build goodwill and better friendships? Again, this would depend on the situation I would be in. If I were to over-use the internet, that would affect my health and my social life. I could even become addicted to it. Especially since nowadays, the internet has improved a lot, teens tend to use it constantly for social media or watching videos rather than actually socialize face to face. This keeps them from developing social skills. A lot of people tend to get distracted easily and lose their focus. "Over-usage of technology damages the brain systems connecting emotional processing, attention, and decision-making" (*The Economic Times*). I try to avoid getting addicted to the internet by socializing more.

- **Will it be beneficial to all concerned?**

The last question I would ask myself is, will it be beneficial to all concerned? At best, using the internet for information that could help me in the future, would benefit me a lot. It would also benefit my parents. If I improve my education, my parents wouldn't have to worry about my future all the time. They would see that I am resourceful and they would have more faith in me. However, if I were to use the internet for purposeless interests, such as watching silly

videos on Youtube or playing games, it wouldn't be beneficial for me at all. In any case, too much internet would affect my health, and as researchers have stated, possibly increase my depression and anxiety.

- **Conclusion**

In conclusion, the four-way test can be useful in many conditions. I gave an example of the use of the internet on a daily basis and how it could be fair, beneficial, and good for me. If I were to use those questions, I would probably be more productive with my time and I would use the internet for my own good rather than for useless things such as watching silly videos or scrolling through social media all day. The questions can also be useful when I am using the internet to search for some resources for a research paper that I might have to do for school later.

Sabrina Abdurakhmonova

Middle College High School

9th Grade