Impact of Social Media on Teenagers

Ms. Munira.J¹, Mrs. Rajaselvi.G²

¹ Nursing Tutor, Kamarajar college of Nursing

² Vice Principal, Kamarajar college of Nursing

Abstract

New generation has begun to regard the Internet as obligatory. Now, most of the world population regularly makes use of the Internet. There are also more individuals getting a social media addiction as each day passes. Nowadays, social media has emerged as the playground of young generation. They spend most of their time on gaming, watching movies and meeting contacts on the internet. The main audience of these channels is represented by students, who apply the means to communicate with other people and stay informed about the latest novelties. There are also various negative impacts of social media to students. Social media has increased the tendency of mood swings among students.Students continuously engage in posting beautiful images of themselves and their fellow students since they are not comfortable with their physical aspects. Consequently, it is important to educate children on practicing good and sensible use of social media.

Keywords: *Cyber bullying, Social media, Internet, Network*

1.Introduction

Multitasking is a regular phenomenon in our day to day lives. How we approach all this is a mystery.The work we do, our education, and our social lives and personal lives we rely on the smart phone. When was the last time you did not use your phone when you left home and continued the journey? The role of the internet and Social media in our societal life is very significant nowadays. Moreover, it is also touching the current teenagers.

Definition: Social media is a means through which individuals base engagement and information exchange online.

Definition: A technology that occurs on computer-based applications that allow the exchange of ideas, thoughts and information via imaginary networks and communities(1).

Digitalization of contemporary society has made the Internet an essential element of our life. As the number of users on the global scale continues to increase, online space (and perhaps most notably social media) has become the heart of the overall interaction of people (and students in particular) as well as their means of learning and entertainment. Social networking, online games, and even streaming platforms are not only leisure sources of the younger generation but also the main area of communication and the development of social identities. Within this increasing dependence on the digital platforms, there have come about some major challenges. With the positive lead of connectivity and access to information, our concerns of social media activities have turned out to be psychologically straining, in form of mood swings, self-image issues, and addictive use(2). The combination of these two effects illustrates the significance of the need to instill both awareness and responsible use of social media in students.

2.Types of social media

The top social media currently being used by the youth includes Youtube, Tik Tok, Facebook, Instagram, SnapChat, Wechat, Frnd App, Musically and ShareChat.

1. Social sites: Users can create contents, upload pictures and videos, form groups according to their interests, state their opinion, and contribute to group discussions on the social networks.

- Twitter
- Instagram
- LinkedIn
- TikTok
- Musically

2. Discussion forums : Discussion forums motivate individuals to respond to one another, therefore, sharing ideas and news. Examples of the discussion forums:

- Reddit
- Digg

- Quora
- Clubhouse

3. Image-sharing networks: These are social media where people could share pictures and related content. They provide a platform to initiate a discussion, stimulate creativity, make the product appear more attractive and prompt clientele to discuss about your brand(3).

- Instagram
- Flickr
- Photobucket

4. Bookmarking networks: These are platforms on which users bookmark various ideas, articles, posts and other things to access later. A good amount of people also share links to listings of sources on the internet. Examples of bookmarking networks:

- Feedly
- Flipboard
- Pocket
- StumbleUpon
- Pinterest

5. Blogging and publishing channels : These social media platforms provide you with a space to write about your employment, current affairs, interests and so on. Several of the benefits of having your own blog can be achieved without hosting it on your own site.Examples of blogging and publishing networks:

- Medium
- WordPress
- Facebook
- Tumblr

6. Consumer review networks: In these sites one gets to go through reviews of businesses written by customers giving a complete picture of the nature of services and products that businesses provide and the respective satisfaction levels(4). Customer reviews should enable you to understand any recurring issues that many of them have and improve them long-term. Examples of consumer review network:

- TripAdvisor
- Yelp
- OpenTable
- Google My Business

7. Interest-based networks: You can use these network sites to chat with other people with interests similar to yours. Places and applications which touch on your industry can also assist you in networking by common bond. Examples of interest based networks:

- Strava
- Peanut
- Goodreads

8. Sharing economy networks: These internet sites give people access to resources, where it encourages them to share goods and services(5). As an example, a sharing economy portal oriented towards pets would allow one to locate a user who will agree to mind his dog when the user goes on a vacation.Examples of sharing economy networks:

- Lending Club
- Couchsurfing
- EatwithCareer Guide

9. Social shopping networks: These networks allow people to discover trends, share the best deals, shop and follow their favorite brands. Social shopping networks examples:

- Instagram
- Poshmark
- Etsy
- Facebook

10. Video hosting platforms: Video hosting platforms assist independent filmmakers, journalists, and other creators to provide their audiences with a direct and uncomplicated method to stream their videos online immediately. Video hosting examples:

- YouTube
- TikTok
- Snapchat
- Instagram
- Vimeo

11. Use of social media

- In 2005, when social media were an infant, the percentage of people engaged in social media in the United States was about 5 percent. In 2019, it increased to some 70 percent.
- In early 2019, Pew Research Center conducted a survey and found out how social media is used and loved by the adult population of the USA. The survey has found that YouTube and Facebook are the most commonly used social forms among adults; teens, in their turn, prefer SnapChat and Instagram, whereas TikTok is told to be thearly booming social network among children(6).
- Nowadays, teenagers make use of social media only. According to the Pew Research Center, 97 percent of teens ages 13-17 use at least one of the major online platforms on a daily basis. It is shocking the amount of time that is wasted socializing.
- The average time that is spent on social media by teens aged between 13 and 18 is nine hours per day, and teens aged between 8 to 12 are spending nearly six hours daily.

The benefits of the Social media

Mark and Sally theorise that about half of 1,500 youth surveyed in a Common Sense Media report on their impacts on teens said that social media is essential to their capability of keeping up with friends and family, feeling less isolated, feeling more creative, and getting feedback and guidance. Furthermore, 43% of the participants also argued that social media can make them feel better whenever they feel anxious, stressed, and depressed. It is reported that by 52 percent of the gay and trans youngsters during such a difficult period, social media enhances their mood(7).

- Technology and social media provide us more convenience and connectivity:
- Being able to communicate with family and friends across the world through email, text,FaceTime, etc.
- Speedier access to data and research
- Performance of banking and bills at our reach
- Virtual education, work skills, content search (YouTube)
- Participation in the civic life (fundraising, social awareness, a voice)
- Excellent marketing tools
- Possibilities to work remotely
- Social media is not necessarily a bad thing but when teens start feeling uneasy about any posts they see on social they should know to trust how they feel about it and discuss it with another responsible adult like a parent, teacher or other authority figure.

De- merits of Social media

- Loss of Productivity and Distraction: Osweging social media outlets whilst one is working or learning causes distraction and a loss of productivity.
- Distribution of Misinformation:Fake news, propaganda and even not confirmed data distributed in the form of viral posts and messages can mislead users.
- Exposes Privacy and Data weaknesses :Unguarded apportioning and information loots break user privacy and makes them vulnerable to scams.
- Fosters Superficial Connections: Connections which are not engendered via social networks but made in a fake way are harmful.
- Social Media Addiction: it develops because people frequently check notifications and scroll through mindlessly, developing addictive behaviour that harms real-life relationships and well-being(8).
- When you finally achieve success your brain will reward you with some dopamine and other happiness hormones and you feel good. This happens in case you post an image to Instagram or Facebook. After

the numerous notifications on likes and positive comments begin to pop-up in your screen, your mind will think of it as a reward. However, that is not the end of the story because social media teems with mood altering experiences.

- There was increased use The amount of social media consumption may lead to viewing objectionable material, depressive moods, social fears, and bullying.
- Fear Of Missing Out. FOMO has been institutionalized and it has been the cause of uncontrollable checking of the social media applications. When such a thoughts come to mind, that you might miss out on something, which would be available online in case it were not online, they might cause a strain to your mental mind.
- Body image issues: Social media sites provide people with the means to acquire the acceptance of others for their appearance and even compare themselves to others. It is possibly connected to body image problems. This is the most harmful to the Ïselfieholics" and those, who waste all their time by posting and scrolling. Indeed, we can state that most of college girls who use Facebook at least five times a day tend to attribute their self-worth to attraction. This does not imply that the overall problem is only in the social media but that it is only an amplifier of the same. It also promotes external similarity behavior.
- Facilitates Bullying and Harassment :Bullying and public humiliation and harassment of fellow individuals including celebrities is facilitated by the anonymous accounts.
- Encourages social isolation: When one spends too much time on social networks, he or she can become socially isolated through lack of real life contact with people, communication skills and interactivity.
- Encourage Social Isolation :The extensive use of social networks will prevent in-person communication, communication and sociability resulting in isolation.
- Fuels Obsessive Self-Presentation: The need to put up perfect selfies, post to get likes and comments leads to unrealistic comparisons to others to propagate anxiety.
- Contributes to the Spreading of Scams and Frauds : Scams and frauds can easily be easily propagated through social channels as fake news, phishing and Ponzi schemes.
- Adolescents who have more frequent use of Facebook are the ones who are more likely to have psychological disorders. such antisocial behavior, mania and aggressiveness.
- Radiation: Even calling a person takes radiation as the phone and even when one is not calling a lot of radiation is around the phone.
- Eye Problems: Long time using display screens will cause the weakening of eyesake.

Social media has a negative influence on the sleep of a teen, such as delayed bedtimes, problems falling asleep, sleep disturbance, and the reduced sleep duration because of, e.g., the blue light that such media emits, the stimulating nature of the content, and the addictive desire to scroll through social media late at night and scroll through social media shortly before bed, which promotes mental stimulation and disruption of the production of the sleep hormone melatonin; the lack of sleep induces the deterioration of the sleep quality and causes fatigue in their lives(9).

Bullying, social media

- Bullying involves the behavior of people, who consciously and willingly use words or actions repeated against an individual (or group of people) in order to cause unpleasant feelings and threat to the wellbeing. All these are typically committed by individuals with greater control or influence over another person, or individuals who want the other person to feel weak or powerless.Bullying can have the effect of,
- Bodily or mental injury to the pupil or section of the property of the pupil
- Is in the reasonable apprehension of bodily injury to himself/herself or injury to his/her property
- The student experiences the development of intimidating, threatening, hostile or abusive learning environment
- Breaches the rights of the student to be in schools activities
- And materially and substantially affects the education process or the regular functioning of a school.
- Cyberbullying is the transmission, posting or exchange of brutal, unfavorable, untrue or vicious material targeted unkindly about another person. It may include providing personal or close information about another person that will humiliate or embarrass him/her Cyber bullying that enters the sphere of threats or crime is illegal or criminal activity

Bullying statistics

- The Internet is an essential aspect of the modern world, as digitalization of the society has taken its strong grip. Following the growing influx of users around the globe, online platforms and especially social media have become the hub of human connection with other humans in learning and fun as well as among the students. Social networking websites, web-based games, and streaming media are not only significant places of recreation but also of communication and forming social identity in the case of younger generations. Nevertheless, the increasing reliance on digital platforms has also presented tremendous issues.

- Whilst the Internet increases access to information and strengthens interconnection between people, overuse of social media is associated with some psychological issues like mood swings, body image dissatisfaction, and addiction mechanism. These two effects highlight the necessity to develop awareness and promote responsible use of social media by students.

- A quarter (25 percent) of teens are bullied, and as many as 43 percent are bullied when online.

- Out of ten LGBTQ students nine said that they had been harassed in school and online. Biracial multiracial youth are more victimized than single racially identified young people tend to be. Obese, gay and disabled children are more susceptible to bullying than other children.

- Nearly percent have never reported to their parents or an adult anything mean or hurtful that was done to them on the internet.

- Even on a single day, 5.4 million children refuse to attend schooling due to the fear of being bullied

Suicide and social media

- Unfortunately, the negative aspects of social media can sometimes have a harmful impact on young minds. Alarmingly, suicide has emerged as one of the leading causes of death among children under the age of 14. In many cases, these tragic outcomes involve youths taking their own lives by hanging.

- Rates of suicide in 10- to 14-year olds rose by over 50 percent over the past 30 years, as observed by the American Association of Suicidology.

- There are very few cases of suicide in children between 10-14 age but a slight upward trend as reported by the American Foundation of suicide prevention.

Preventive Measures

As parents, we can take various steps to ensure we make our children lives easier whether online or in physical space.

- Make an attempt to behave in the manner that we desire to see.

- Establish limits on first phone as an adult, the correct way when giving your child a phone Install parental controls on his or her phone, and have access to their passwords. They should charge phones somewhere away from the room at night and the phone must be switched off an hour or two before bed time.

- Talk to your kids about why certain things are not to be shared.

- Make a point of meeting your children in person. This communication helps them learn how to read social signals, in words and expressions.Talk to your children and do not look at your phone.

- Seek to have real conversations and not lectures.

- Watch out with privacy concerns, and cyber security issues.

Technology has transformed the lifestyle, work and interacting with one another. It cannot substitute parenting however.

3.Conclusion

As a conclusion, despite the fact that social media provides a teenager with an opportunity to connect, express themselves, and access the information, such activity can negatively impact the mental health and lead to such issues as anxiety, depression, and low self-esteem due to the effects of cyberbullying, unrealistic comparison to other people, and a possible addiction. This is why it is paramount to develop positive rules of using social media with limitations and parental supervision to reduce all dangers and make the most positive use of social media by teenagers.

Conflicts of interest

The authors have no conflicts of interest to declare

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