



A STUDY ON IMPACT OF SOCIAL MEDIA ON TEENAGERS

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Abstract

Social Networking Point is the largest active communication platform. Almost everyone in society uses social media like Facebook, Instagram, Twitter, LinkedIn, WhatsApp, Viber, Skype. Technology is advancing these days. New technological developments have turned social platforms into gear with both good and bad sides. Teenage adults have been influenced physically and mentally via social media. There are many serious issues on social media that can seriously affect teenagers. Abethedian's problem is privacy and protection affecting adolescent adults. Teenagers are influenced positively and negatively via social media to speak out about their mortal behavior and become self-centered and obsessive. As a result, individuals from all cultures are using social platforms for all 'products and destruction'. The knowledge in this paper will be used to assess the teen and her teenage girl's social media use problems. Countermeasures, Social Conditioning and Perceptions Social media has become an integral part of young people's lives, yet the impact of this hobby horse on intellectual fitness is largely unknown to interpreters. Style An extensive literature survey was conducted on youth social media use and related issues of blessing and competence. A PUBMED search yielded 'social media and his teenage adults', 'social media and suicide', 'fb and suicide', 'sexting', 'cyberbullying', 'fb and his teenage adults', "Social Media and Sound Violations". The relevant papers were tested and included in this review. Reports on youth social media use from Pew Internet and the American Life Project were also tested. Results This other modern form of advertising has many benefits for young people and plays an important role in their social life. While these technologies have many advantages, they also pose many performance problems that can adversely affect the intellectual capacity and health of adolescents. Conclusion It is important that infant psychiatrists and other mental achievers understand these competency issues so that they can more effectively train and treat adolescent victims and their families.

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1. Introduction

Technology has changed not only the way we live, but also the way we communicate. However, there are both positives and negatives to connecting with individuals of different ages living in stations and welfare societies (Giddens 2018). One of the most important technological advances that facilitate knowledge sharing among people is social media. People can now communicate fluently with their peers by sending and typing messages, a concept known as “interpersonal communication” (Christopher 2018). The convergence of social platforms and technology has greatly improved the communication process. Although there are “positive and negative” effects of social media on teenagers.

Literature review

uberty is a developmental term for character between the ages of 11 and 20 (Heena et al., 2021; Sampasa- Kanyinga et al., 2019). During observable adolescence, characters undergo various physical and mental developments (Heena et al., 2021). Social media has become part of an adult's daily life, and young people use this device for at least several hours in her day (Boer et al., 2020; Sampasa-Kanyinga et al., 2019). . 4,444 adolescents use smartphones and social media apps for a variety of purposes (Weinstein et al., 2021).

The public and experimenters are increasingly engaged in capacity building between experimental variations and social media use. (2021) generally recommends courses in virtual technology for young people. According to “Nia Crawford Loebig”, “How Is Social Media Affecting Youth?” have good and bad effects. Young mortal beings must take note, as it encourages youth to party forward and downward. increase. Social media allows young people to present themselves unmistakably. John and MacArthur (2010) A new study points out that 22 young people play directly on their favorite social media sites and are online more than 10 times a day, with more than half of young people using social media You are visiting social media sites for Idea

Goal of the study :

- Analysis of positive effects of social media on young people.
- Analysis of the negative effects of social media on young people.
- Analysis of the impact of social media on young people.
- Understand the purpose of using social media.

2. Methodology

Research papers collected the first record of wisdom, which was derived from in-depth

interviews with 20 teenagers aged 13 to 19, 10 year old male 10 year old and 10 year old girl . The interview will be conducted via online video conference. They were invited to use special gear to demonstrate how to use social media. Each participant had access to operate a laptop, computer and mobile phone

Positive impact of social media

Social media— is a useful tool for young people to stay in touch with their families and musketeers can be While there are many benefits to using social media, there are also hidden pitfalls.

It is important that your children are aware of the strengths and weaknesses of social media and help them stay safe online.

It is important that children are familiar with all forms of digital technology, including social media. We live in an increasingly less digital world, and not all young people can navigate the online world safely and with the right behavior. →

According to the Australian Bureau of Statistics, her teens in Australia spend up to 18 hours a week online, with 91% of her teens aged 15 to 19 using social media It states that it uses There is no denying that online and social media use plays an important role in the lives of today's young people. Since its inception, there has been much discussion about the pitfalls associated with using social media. However, it is important to pay attention to its impact. Uncover the pros and cons of social media for teens. Facilitate Social Connections

The main purpose of social networking spots is to bring people closer together, regardless of distance or other barriers. It can have a positive impact on your connection. Teens can create new musketeers and stay cozy by communicating frequently online and sharing gestures. For teens who struggle to make social connections in the physical world, social media provides a virtual will to help young people feel less isolated. .

- Mental Health Benefits Social media use reduces stressful situations and stimulates oxytocin, a product that promotes feelings of well-being. Online relationships are often much simpler than face-to-face rapport. Little to no emotion and less demanding. The rewards and joy we give through likes and positive comments are often the result of really little effort and time. Of course, negative comments and what appears to be a low number of likes can be detrimental to your inner health. In response to consumer feedback, Instagram recently made the number of likes on posts visible only to profile owners. Facebook will follow suit. In a way, this is how teens (and people in general) judge their peers by the number of likes they allow on their posts, and compare themselves to others

based on the number of . It helps you deal with problems that may arise.

- Provide Educational Opportunities Kids can watch videos, watch film, read blogs. Social networking spots can also facilitate discussion about the motivations of an academic or assignment, and provide a foundation of research and facts. Boost Globalization
- Boost Globalization With the advent of social media, the world has sunk. We are no longer constrained by geographic boundaries or physical distance. Teenagers can now communicate fluently with people from all over the world and experience all the benefits of being in contact with other societies and ways of thinking
- Promotes creativity numerous social media tools give an outlet for creative tone-expression. Not only are you suitable to partake work similar as photography, film, written workshop and illustrations, other druggies can offer commentary and feedback which can offer the added benefit of structure tone- regard and confidence

Negative Effect

Psychological goods of Social Media on Youth The teens also tone- reported about their social media gestures and their mood and well- being. After collecting the data, the study authors concluded that the social media effect on youth is driven by three primary factors

shy sleep — teens stayed up late to continue scrolling through their social media feeds

- Exposure to cyber bullying — having dangerous, false, or private content about them posted on social media
- Lack of physical exertion — scrolling social media on their phones or other bias meant that teens sat for longer ages of time and had lower time for exercise. As a result, they missed out on the salutary impact of exercise on internal health.

The Negative Psychological goods of Social Media on Teen Body Image Body image is one primary area in which teen social comparison leads to negative feelings — not only for teen girls, but for all genders. Comparing a t-shirt to a curated, filtered photo of a peer or celebrity can often create an inferiority complex. This can lead to low self-esteem and negative body image. Additionally, Facebook use is also associated with advanced threats of eating disorders. Teenager Social Media Addiction and Treatment of Its Causes Research shows that overuse of social media by teenagers is the underlying problem of depression, habitual stress, anxiety and low tone. is often associated with Therefore, treatment at Newport Academy involves addressing these causes while being free from phone calls and social media. After just a few

days, teenagers begin waking up in real-world territory. During treatment with us, they develop a strong sense of comfort, explore their inner lives through journaling and reflection, spend time in nature, and experience creative offline conditioning.

3. Conclusion

The purpose of this study was to examine how networking affects children and young people. They are believed to waste precious time and cause health problems due to sleepless nights .Participation in social media communication should respect artistic and religious values. Don't hurt your bones.

4. References

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