

## A STUDY ON IMPACT OF SOCIAL MEDIA ON TEENAGERS

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### ABSTRACT

*The Social Networking Site is a most Vibrant Platform of Communication Universally. Almost each and every person of the society Who use the Social Media like Facebook, Instagram, Twitter, LinkedIn, WhatsApp, Viber, Skype Etc. The Technology is every Advance in today's Era. With the advancement of New-technology, social platform has evolved into a tools that has both positive and negative aspects. The teenagers affected physically and mentally by social media. There are many big issues in social media which can have serious consequences issues affecting adolescents. The major issue is privacy and security that affects teenagers. Teenagers are also affected both favorably and negatively by social media in terms of understanding human behavior and becoming selfish and obsessive. As a result, person from all walks of life use social Platform for both 'construction and destruction'. The focus of the paper is to analysis the impact of Social media on teenager's studies, Behaviors, Social Activities and Awareness Among them, The Survey was conducted to analysis the effect of Social Media on teenagers.*

**Keywords:** Social Media, Society, Mental Health, Adolescents, Teenagers.

### Introduction

Technology has changed not only the way we live, but also the way we communicate. But both positive and negative in attitudes & relationships with Person of dissimilar ages living in Welfare society (Giddens 2018). One of the most significant technological benefits that encourages knowledge sharing among humans is social media. People can now easily communicate with their peers by sending and receiving messages, a concept known as "interpersonal communication" (Christopher 2018). The convergence of social Platform and technology has greatly improved our communication process. Although there are "positive & Negative" impact of social media toward the Teenagers.

Misleading messages, communications and images are common on social media, causing tension among people. As a result of such positions the relations and relations between the nations are deteriorating. Cyberbullying affects children because they are immature. This has an impact on teenage people's "Emotions & Physical health", as well as the risk of "depression & self-harm". It is possible that sensitive information will be misused by a third party. According to studies, adolescents benefit from improved communication, social interaction and technology abilities. Social platform is defined as most interactive medium or program that allows person to communicate

in digital nature. It differs from traditional media (such as television) in that users can both access and create content. Increased use of social Platform is Inter-link to mental health difficulties, including anxiety, self-image issues, eating disorders, and other challenges. Certain health problems, like depression & suicide, have become more common among teenagers in last years, with the suicide rate among youth aged 10 to 24 rising by 60% in 2007 to 2017.

### Literature Review

According to "Nia Crawford Loebig" "How Does Social Media Effect Youth?" (2015) Social media like a heads and tail, it have both "positive & negative" Impact on the teenagers. It encourages children to understand forwards and downwards, so young people should be careful. Young people contact globally and endorse yourself in your career. Social media allows teens to express themselves.

John and MacArthur (2010) As stated in New study, 22% of teens operate on to their favourite social media site more than ten times each day, and more than half of teens log on to a social media site more than once per day, and 75% Teens now use cell phones, 30% use for social media.

Gameinfowire, (2008) & Damiggio (2001) 54% of people use texting, and 25% of teenagers use texting. (Gameinfowire 2008) Bullying, grouping and sexual use are all

common online manifestations of offline behaviour that has resulted in problems such as cyberbullying, privacy concerns and sexting. Internet addiction and lack of sleep are two other issues associated with social media awareness. Many parents today are extremely adept at using technology and are confident in their children's and teens' use of programs and online difficulties. However, many Guardian may find it challenging to connect with their digitally savvy children online for a variety of reasons. These guardian may lack the fundamental knowledge of the new types of socialization that are so important in their children's lives. They often lack the technical skills required to keep pace with their children in the ever-changing digital environment.

“Jackson, Barbatsis, Von, Brocea and Fitzgerald” (2003) The Network is a process in which teenagers use the Internet to cross-reference their thoughts and interests on long-term issues for the benefit of their parents. Furthermore, many of these parents are unaware that their children's online lives are an extension of their real lives. As a result, there is often a knowledge and technical skill gap between parents and children, resulting in how these parents and children interact online.

If parents and other adults give children access to the Internet, it can have a good effect on them. When it comes to media, though, it can be difficult to tell the good from the poor. Negative messages exist about the media and how viewing and interacting with it can affect a youth.

Teenagers get benefit from media according on their age, the type of media they are using and the quality of the media they are using. Peer interaction, sexuality are all wasting during adolescence, the period between “childhood to adulthood”.

Today, the Internet serves as a new social setting for teens to discuss their concerns. There has been a change in the way they communicate, build and maintain connection, and receive social support. Weiser (2001) research explain why do teenagers and others use the Internet? And came to the conclusion that people's online interactions influenced their real lifestyles.

## Objective

- To Analysis the Positive Impact of Social Media On Adolescents.
- To Analysis the Negative Impact of Social Media On Adolescents.
- To Explore the Influence of Social Media toward Youth.
- To Understand the Purpose of Using Social Media.

## Methodology

Insight came from In-Depth Interview of 20 Teenagers ten Men and 10 women age between 13-19 Years. Interviews are conducted via Online Video Conference, They were invited to use different tools to illustrate how to use social media. Every Participate had access to Operate Laptop, Computer and Mobile Phone.

## Positive Impact of Social Media

(Anderson, & Jiang, 2018) When teens used social media, they prospered in many ways, including education, Develop relationships and enhancing career prospects. Keeping in touch with the outside world, making an impact and using social media as an e-commerce platform. No one disagree that the Internet has become a full-time trainer for all teenagers, academics and information seekers. Because knowledge increases by sharing rather than saving, many social media platforms are encouraging their members to share information in a variety of ways. (Jingjing, & Monica, 2018) Can you imagine how difficult your academic life would be if you couldn't exchange emails, collaborate in WhatsApp groups or watch videos on YouTube? Social media is a technological gift to our educational approach. (Ersoy, 2019) When it comes to sharing information, thoughts, ideas and opinions, social media can be very beneficial for teens. For example, if a student is absent from class for some reason, how can he get his class notes? They can use social media groups like WhatsApp to receive class notes from other classmates. (Rachel, 2016) Social media plays an important role in creating new relationships among teenagers.

(Parents, 2018) Skype, Facebook, Viber, WhatsApp and other similar services have greatly helped in communication and connection building. Making new friends,

reconnecting with childhood friends and talking to family through social media is very prevalent nowadays. Teenagers, in particular, display a strong desire to establish new acquaintances through social media.

### **Negative Impact of Social Media Cyberbullying and online harassment**

It is a method of disseminating, ignominious or conflicting Details about through digital Platform. This is a Major Online risk to all Teenagers. The phrase "cyberbullying" is often used interchange with "online harassment". "Cyberbullying" is a widespread phenomenon that can result in serious psychological consequences such as despair, anxiety, severe isolation and unfortunately suicide.

### **Sexting**

Sexually explicit text photographs are recorded and sent over mobile, computers or other gadgets. These photos are usually transmitted via mobile or the Internet. In the recent Study by "American Academy of Paediatrics" (2010) Told According to the study, 20 percent of teenagers have sent or uploaded nude or semi-nude pictures or videos of themselves. Even though some states in Nigeria have begun to characterize such behaviour as conditional consequences including emotional distress with juvenile-law misconduct and school suspensions for offenders and mental health conditions for victims, some juveniles Those who have engaged in sexting have been threatened or charged with a felony. Pornography allegation. However, in many cases, sexting episode is shared with a group or with friends.

### **Hacking**

Anyone's data, including photos, home addresses and phone numbers, can be hacked if they haven't secured it properly. Most teens use social media to communicate with family and friends, but they are not aware of the security and privacy settings on these platforms. Because of this anonymity, important information will be publicly visible and easily accessible to anyone. The hackers used phishing, cyberbullying and identity theft to target these people and take their money.

### **Frauds and Scam**

Social media is a great platform not only for business but also for marketing. On the other hand, the name or company can be trusted to anyone and is prepared to provide information which may be a scam or fraud. Many students use Instagram, Facebook and Twitter to stay updated with news and even shopping. Despite this, their growing popularity appears to pose a significant risk of fraud.

### **Purpose of using Social Media**

As a result of its impact most of the teenagers are turning from television to social platform. Young people's lifestyles are influenced by social media, which helps them build global networks. It is easy to build a connection with anyone by showing your profile on social platform. They can communicate with everyone through messaging, by sharing photos and videos with their peers, and information can be shared quickly and at a low cost. Social Media is a Platform to Discuss Hot Topics. They can communicate their opinions and feelings with their peers through social media. As young people grow up, they become confused about what they can achieve, and receive recommendations on how to deal with the challenges in their lives.

### **Influence of Social Media toward Youth**

Social media promotes immoral movies, conversations and pictures that create different opinion among people. Since youth are immature, they are vulnerable to cyberbullying. This has a negative impact on the mental health of youth and can even lead to death. Since social networking sites lack security, there is a risk that personal information will be misused by third parties. Since social networking sites lack security, there is a risk that personal information will be misused by third parties. Face-to-face engagement is decreasing due to social networking. It promotes misinformation and rumours. Social media is used by criminals to commit crimes. It promotes dangerous and life-threatening amateur medical advice.

### **Conclusion**

The purpose of this study was to see how networking affects children and adolescents. It is believed that they are wasting valuable time,

as well as causing health concerns due to sleepless nights. It is believed that they are wasting valuable time, as well as causing health concerns due to sleepless nights. When

sharing message on social media, maintaining their cultural and religious values should be considered, No one should be harmed.

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