



Impact of Social Media on Adolescents

Hung Nguyen*

Applied Artificial Intelligence Institute, Deakin University, Australia

*Corresponding author. E-mail: hung@deakin.edu.au

Received 19 June 2021; Accepted 24 June 2021; Published 30 June 2021

INTRODUCTION

Social media is a large a part of many teenagers' lives. A 2018 Pew Research Center survey of almost 750 13- to 17-year-olds discovered that 45% are on line nearly continuously and 97% use a social media platform, which include YouTube, Facebook, Instagram or Snapchat. But what effect does social media use have on teenagers? Social media benefits Social media permits teenagers to create on line identities, talk with others and construct social networks. These networks can offer teenagers with treasured support, mainly assisting individuals who revel in exclusion or have disabilities or continual illnesses. Teens additionally use social media for enjoyment and self-expression.

Social media it's funny or distracting or affords a significant connection to friends and a huge social community may even assist teenagers keep away from melancholy. Social media harms However, social media use also can negatively have an effect on teenagers, distracting them, disrupting their sleep, and exposing them to bullying, rumor spreading, unrealistic perspectives of different people's lives and peer pressure. The dangers is probably associated with how a lot social media teenagers use. A 2019 take a look at of greater than

6,500 12- to 15-year-olds withinside the U.S. discovered that individuals who spent greater than 3 hours an afternoon the usage of social media is probably at heightened threat for intellectual fitness problems. Another 2019 take a look at of greater than 12,000 13- to 16-year-olds in England discovered that the usage of social media greater than 3 instances an afternoon expected terrible intellectual fitness and health in teenagers.

A 2016 take a look at of greater than 450 teenagers discovered that more social media use, middle of the night social media use and emotional funding in social media — which include feeling disenchanting while avoided from logging on — have been every connected with worse sleep exceptional and better stages of hysteria and melancholy. How teenagers use social media additionally may decide its effect. A 2015 take a look at discovered that social assessment and remarks looking for with the aid of using teenagers the usage of social media and cell phones changed into connected with depressive symptoms. In addition, a small 2013 take a look at discovered that older children who used social media passively, which include with the aid of using simply viewing others' photos, said declines in existence satisfaction.