EFFECTS OF SOCIAL MEDIA TO 21ST CENTURY CHILDREN

by:

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With the booming popularity of technology over traditional methods, modernization is at its greatest peak of influence. Everywhere there is a trace of technology, no matter how deep or high it is.

Among these technological powerhouses is Social Media. Websites like Facebook, Twitter, and Instagram are the top players of the social media casino. You can’t miss them; Even Baby Boomers know those names. Social Media has brought humanity together a step closer to unity. However, Ying always has a blind spot. Social Media has brought upon a plethora of problems to youngsters who use it in their day to day lives. This has become one of the biggest problems within the field of technology.

According to Statista, in the Philippines alone, there are roughly 57.9 Million Social Media users. Within the realm of possibility, half of said amount are adolescents. Social Media is really popular with teens because they can express themselves freely without repercussions or consequences. In short, they possess absolute freedom of speech. With the ability in mind, this freedom allows youngsters to pour in hundreds of hours chatting with their friends or strangers.

Of course, with great power comes with great responsibility. Pouring hundreds of hours into social media is a terrible and bad idea, but teens are doing it. This brings in the first effect: tiredness. Teens would spend so many hours chatting in social media that they almost forget to sleep. This can affect their intellectual and cognitive functions due to lack of rest.
Introverted teens come into play within social media. Because of their nature, they always stay in solitude, always staying in their houses, in their rooms, and all alone. Constant use of social media can lead them into having depression; being caused by envy of others' possessions, venting out that they have terrible lives etc. This is bad, as depression can lead to suicide, one of the biggest causes of death within teens.

Another effect is violent tendencies, represented by cyberbullying. Social Media has become a medium of technological harassment due to its unstoppable range of effect. Cyberbullying can range from simple insults to outright death threats. Unfortunate people at the receiving end can receive one of the aforementioned effects mentioned within this article, with the most common being depression.

All in all, social media is a golden piece of dynamite; use it wrongly and you’re blown into smithereens. Use it correctly, and it will yield you invaluable wealth. Let us teach children how to properly use it.

References:

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