SOCIAL MEDIA AND ITS IMPACT ON CHILDREN

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Digital media has grown to be a significant influence in most children across the globe. With the soaring fame of technology over traditional ways, modernization is at its highest peak of influence in almost all aspects of human life. In all places there is a touch of technology, no matter how big or small it is. Most of us even depend on it to wake us up to start our day.

It is evident that platforms such as Twitter, Facebook, and Instagram have instituted many positive aspects to modern day society and its users. For one it has made young people more politically aware and has also helped them communicate with other young people across the globe.

Social media really helps us lighten most of our burdens in education, businesses and in our everyday lives. But it does not come without its fair share of consequences. Spending hundreds of hours into social media is a horrible idea, but teens are doing it. This brings in the first effect: tiredness. Teens would spend much of their time chatting in social media depriving themselves to have enough sleep. This can affect their academic and mental functions due to lack of rest.

Within the realm of possibility, most of the social media addicts are adolescents. Social Media is really common with teens because they can express themselves freely without consequences. In short, they enjoy absolute freedom of speech. With the power in mind, this freedom permits youngsters to spend several hours chatting with their friends or strangers.
Constant use of social media can greatly affect introverted teens. They always stay in solitude which can lead them into depression; being caused by desire for others’ possessions, thinking that they have dreadful lives etc. This is not good, as depression can result into suicide which is one of the biggest reasons of death within teens.

Another effect is cyberbullying. This can range from simple, friendly insults to death threats. Social media has become the channel of cyber harassment. This harassment or simple insults can lead to depression and eventually will result to suicide.

In the academe, social media can have a damaging effect on students’ performance, productivity, and concentration in the classroom. It is vital to talk about ways to prevent these factors without proclaiming new media as a societal crime which many previous efforts of raising awareness on this issue have inclined to do.

It is important to remember that social media has its advantages and disadvantages. It can be a healthy and positive medium when it is not being abused. Introducing different ways to fight boredom should be our priority as a parent to remind our children that their happiness does not only depend on a digital platform.

References:

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