

Impact of Social Media on Young Minds

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Abstract- The use of social media and the mobiles have become interwoven in the daily routine of the young, kids, and the old alike in today's modern world creating profound impact on the culture, behavior and the interpersonal interactions. No doubt social media serves as a powerful educational tool, providing access to a wealth of information and learning resources. Platforms like YouTube and educational Instagram accounts offer tutorials, advice, and insights on a wide range of topics. This democratization of knowledge empowers young people to educate themselves on issues such as social justice, mental health, and global events, fostering a more informed and engaged generation. The teenagers can be found occupied with the social media texting, sharing, and scrolling the screens. Social media platforms provide a wealth of information and educational resources, allowing young people to access diverse perspectives and knowledge. Moreover, it has become a powerful tool for raising social awareness, encouraging activism, and promoting positive causes, empowering the youth to be change-makers in their communities. However, alongside these benefits, social media also presents several negative consequences for youth. Excessive use can lead to mental health issues, including anxiety, depression, and feelings of inadequacy in the minds of younger generation. Excessive use of social media affects various aspects of the lives of younger people such as education, self-expression, identity formation highlighting the potential for distraction leading to the low academic performance.

Key-Words: Social media, Impact, Youth, Interaction, Communication

The younger generation now a days communicates mostly using the online mode hence missing out on very critical social-skills which are important for the psycho-social development of the individuals. As Catherine Steiner-Adair, EdD, a clinical psychologist and author of 'The Big Disconnect' says. "There's no question kids are missing out on very critical social skills. In a way, texting and online communicating puts everybody in a context where body language,

facial expression, and even the smallest kinds of vocal reactions are rendered invisible."

Utilization of social media by the younger people can have both positive and negative effects on the social and interpersonal interactions. Access to the social media can go a long way to support connectivity, enabling people to communicate and exchange their ideas and thoughts. But in order to create true and meaningful connections, young people must find a balanced approach by utilizing social media with awareness, and prioritizing the in-person meeting rather than relying totally on the online means of interaction. Making friends is an important aspect of growing up and a good communication skill is important in building friendships as well as maintaining the bond of friendship. A communication can be said to be effective if it involves the body language, facial expressions and an exchange of mutual feelings and expression of emotions. But the online medium of communication does not involve these features thus reducing the quality of communication leading to short lived relationships and friendship. In order to tackle various issues of life, One needs to be honest in feelings with the partner whether it is in terms of business, home, or in social network. Learning to effectively cross the bridges of communication makes friendship fun and exciting, but at times it can turn out to be disappointing. "Part of healthy self-esteem is knowing how to say what you think and feel even when you're in disagreement with other people or it feels emotionally risky," notes Dr. Steiner-Adair. But when friendship is established through online medium it deprives the children of the most personal aspects of communication. It's easier to stay guarded with respect to One's feelings while One is texting as One is not aware of the effect that is caused by his/her words on the mind of the other person involved in the communication. Since the conversation does not happen in real time, therefore each party can take more time to consider a response. If children and youngsters do not experience the real

time relationships and friends, most of them will grow up to be adults who are anxious about the human beings' primary medium of communication which involves talking to each other. And of course social negotiations only get riskier as people get older and eventually they fail in maintaining healthy relationships in society. Friendship relations can be impacted by social media, as it can shape people's perceptions and interactions with their friends. To create true and meaningful connections, young people must find a balance in utilizing social media with awareness, and by imparting importance to the in-person meetings.

Apart from the issues of online communication, the social media has also adverse effect on the mental health of the young generation who stick to the screens for prolonged hours. This excess screen time makes the young people as well as the children suffer from many psychological problems such as insomnia, anger, frustration and anxiety. Excessive screen exposure can lead to emotional suffering and trouble in focusing. Such issues in the teenagers or youngsters can be addressed by creating a strong support network and seeking the therapy or expert counselling. Further mental health risks can be managed by engaging in mindful activities and practicing a balanced lifestyle. Cyberbully is another factor associated with the social media practice which can generate a serious negative impact on mental health by developing feelings of loneliness, anxiety, and sadness in the minds of young children. Research studies in the field of Psychology reveals how the online bullying and harassment can prove to be harmful for a young person's psychological well-being. To manage the cyberbully of online media, it becomes critical to consider the digital well-being tools, along with the reporting of incidences, nevertheless seeking out assistance from reliable people or mental health therapists is always advisable. Social media can affect expectations, communication styles, and the general atmosphere within the family, all of which can have an impact on youth family dynamics. On the other hand, overuse of the internet results in less face to face interaction between the peers or the friends leading to miscommunication, or confrontation. Upholding a healthy balance between online and offline activities, establishing limits, and promoting open communication are therefore very crucial factors in

preserving positive family dynamics in the social media environment.

To conclude, the use of internet and social media can play the best role in bringing people together from all parts of globe strengthening the interpersonal relationships and mutual bonding. The worldwide web can actively engage people from the diverse cultures and classes in the meaningful way to foster connections, enabling young people to bridge geographical barriers and engage in constant interactions with their peers, friends, and family. Adults can help young children in drawing maximum benefit of the internet facility by accessing the online educational tools available online. Also, the young children should be by encouraged to use online platforms to engage with others in positive ways. "The primary benefit of the social media is social connection, which makes it useful for that's true for teens who are connecting with friends they already have or making new connections," Nesi said. "On social media, they can find people who share their identities and interests. "Online social interaction can promote healthy socializing capacity among teens, especially when they're experiencing stress or social isolation, Practicing conversations over social media can be an important step to beat the anxiety related issues in young people who can comfortably connect and interact with peers through Social media platforms making them indispensable tools for fostering connections. In addition, the bulk of information available on the online platforms has revolutionized the way young generation accesses knowledge, equipping them with an array of educational resources at their fingertips. Thus the social media can play an important role in promoting social awareness and activism among the youth enabling the young minds to advocate for causes, they are passionate about and contribute to meaningful change in society.

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