

## The Negative Impact of Social Media on Youth's Social Lives

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### Abstract

*The results of numerous scientific researches in developed countries shows that the content produced by social media has a significant impact on the behavior and lifestyle of young people, especially in developing countries such as Afghanistan; But the main problem is that there has been no serious awareness and cognition about the harmful impact of social media content on young people on developing countries, which is comprehensively discussed in this research paper. The general purpose of this paper is to provide information and create awareness about the negative impact of social media on youth's social behavior through content analyses and qualitative research. Social Media refers to different types of platforms or applications such as WhatsApp, Facebook, TikTok, Twitter, LinkedIn, YouTube, etc. through which people share information and use it as a communication resource. This study has specifically addressed the basic questions that How social media changes youth's social behavior and what are the main factors which because social behavior changes in youths by using social media and what are the negative impact of social media on youth's social lives by using reliable resources. Even though social media sites and platforms have more advantages and positive impacts and provide a lot of communication, business, and entertainment opportunities, it leads to social isolation, anxiety, depression, cyberbullying, sexuality, loss of privacy, terrorism, etc. It reduces the number of face-to-face interactions among the youth because they normally spend most of their time on online social platforms. The result of this research shows that social media leads to social isolation and this can cause several effects such as physical, emotional, mental, and psychological issues on youths. This can lead to depression, anxiety, and many other problems.*

**Keywords:** Social Media, Youth, Social Life, Negative Impact, Social Network

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## INTRODUCTION

Social media can be defined as a digital way of communication. It turns human lives into global village and It involves interactions on different scales. they can be through text messages, images, videos, or audio and video calls. social media has become an emerging trend associated with different kinds of people and age groups, especially the youth. Social media influence youth's life and it has both positive and negative impacts. Assad Ali (2016) from their studies, found that social media plays a vital role in providing learning and job opportunities to students (Rawat & satheeshkumar, 2019).

Besides its positive impact on a different view of human lives, it also has an intensive negative impact on different age categories, especially targeting youths and adolescents' social lives. Social media sites and platforms like Facebook, MySpace, Whatsapp, Instagram, TikTok, etc. have attracted millions of people from all over the world in which many have integrated and are addicted to using them in their daily lives. Social media use is rapidly growing among adolescents, studies cite that the rates of "constant use" doubled from 2015 to 2018 (Anderson & Jiang, 2018; Lenhart, 2015). Research shows that millions of users spend about 22 percent of their time daily online. Social media sites consist mainly of people between the ages of 10 to 30 years. So the question is "Do these social media affect the youth", considering the amount of time they spend on the internet chatting, watching online videos, and surfing the internet?, With the advent of social media, the world become a global village. Through social media platforms, users can connect with other people within seconds, share their ideas, and provide comments on

different areas of interest and issues. People of different cultures can also talk about any issue and also search for information about other countries (Rawat & satheeshkumar, 2019).

These social networking sites such as Facebook and Twitter have become a craze for everyone nowadays. The youth students become victims of social networks more often than anyone else. The more time youth spend on these social media sites, the less time they will spend socializing with other people and have face to face communication. As the youth rate of using social media is becoming high the impact of social media on youth is also going to be high day by day. Due to the extensive involvement of social media in youths' life, it is affecting human behaviors and their lifestyles. The current study focuses on finding out the negative impact of social media on youth.

One of the basic problems that is not paid much attention is creating awareness about the negative impact of social media content on youth's social life in Afghanistan, where more researches have not been done on this issue to create proper awareness among the young people, meanwhile, new media are expanding at a high speed and are becoming an epidemic phenomenon.

## RESEARCH METHODS

The main aim of this research is to enumerate and throw some light on the negative aspects and effects of social media and its use on youth. The paper focuses on elaborating the dangers associated with the growing virtual world and the ignorance of people towards the need of having a digital literacy.

The main objectives of this study is based on:

1. to highlight the negative impact of social media on youth's social lives.
2. to analyze the influence of social media on youth social life
3. to evaluate direction of youth to utilizing social media
4. to analyze the dependency of youth on social media

In the present study, content analyzes and descriptive type of research is used which describes the characteristics of a group or individuals and their perception about the social media and its negative impact on youth. The research is qualitative in nature. Data has been collected from various credible and reliable books, articles, journals, magazines and etc. through content analysis and qualitative method.

## RESULT AND DISCUSSION

Social media is used for various reasons including making communication faster and information available within seconds, providing opportunities for collaboration and support, delivering a global network of entertainment, helping users form a sense of self-identity, and offering access to employment opportunities. Different social media platforms are created, and continue to be created, to fit these demands. Myspace, Facebook, Twitter, LinkedIn, Instagram, Vine, Snapchat, YouTube, Google+, Pinterest, Tumbler, Redditt, and WhatsApp are some of the different social media platforms currently offered (Kennedy, 2019).

### Who Are Considered as Youth?

The United Nations has defined Youth as a period of transition from the dependence of childhood to adulthood and awareness of our interdependent as members of a community for

statistical consistency across regions, it defines "Youth" as those persons between the ages of 15 and 24 years, without prejudice to other definitions by member states (UNESCO, 2016). The partially accepted agenda of the United Nation's Envoy on Youth (2015) recommended that the age bracket of the youth ought to be expanded from 15-24 years to 15-35 years so as to enhance the participation of youth in global youth issues. The International Labour Organization (2006), in one of its reports, has accepted the UN definition of youth by considering youth to be those individuals who are 15-24 years old. However, it has gone on to state that if the definition is examined from a sociological viewpoint and not just from an age-specific perspective, youth can be defined as a transition stage from childhood to adulthood and that from this perspective, the youth stage could begin at age 10 and end at the mid or late 30s. the report also notes that the transition from childhood to adulthood can take a long time for people in poor societies (International Labour Organization, 2006). The Commonwealth Youth Program (The Commonwealth, 2016) considers youth to be those who are between the ages of 15 and 29 years. The countries in the European Union all have their separate definitions of youth including the age group of youth. There is a considerable difference between one country's definition of youth and another country's definition.

### **Social Media Concepts and Tools**

Social media have been defined in a variety of ways.

1. The definition of social media as a "platform to create profiles, make explicit and traverse relationships" by (Boyd & Ellison, 2008) has been cited over 13,000 times according to google scholar.
2. Wikipedia, the free encyclopedia defines social media as "the means of interactions among people in which they create, share, and exchange information and ideas in virtual communities and networks.
3. Social media has been referred to as "social media sites" (Diga & Kelleher, 2009), or a set of information technologies that facilitate interactions and networking (Kapoor et al., 2017; Oestreicher-Singer & Zalmanson, 2013).
4. Social media are computer-mediated tools that allow people, companies, and other organizations to create, share, or exchange information, career interests, ideas, and pictures/videos in virtual communities and networks.

### **Some Prominent Examples of Social Media**

1. Facebook: a popular free social networking website that allows registered users to create profiles, upload photos and videos, send messages, and keep in touch with friends, family, and colleagues. According to statistics from the Nielsen Group.
2. Twitter: a free micro-blogging service that allows registered members to broadcast short posts called tweets. Twitter members can broadcast tweets and follow other users' tweets by using multiple platforms and devices.
3. Google+: (pronounced Google plus) Google's social networking project, is designed to replicate the way people interact offline more closely than is the case in other social networking services. The project's slogan is "Real-life sharing rethought for the web."
4. Instagram: a free online photo-sharing and social network platform that was acquired by Facebook in 2012. Instagram allows members users to upload, edit and share photos with other members through the Instagram website, email, and social media sites such as Twitter, Facebook, and Tumblr.
5. YouTube: An American video-sharing website headquartered in San Bruno, California. This site allows users to upload, view, rate, share, add to favorites, report and comment on videos and subscribe to other users.
6. Wikipedia: a free, open-content online encyclopedia created through the collaborative effort of a community of users known as Wikipedians. Anyone registered on the site can

create an article for publication; registration is not required to edit articles. Wikipedia was founded in January 2001.

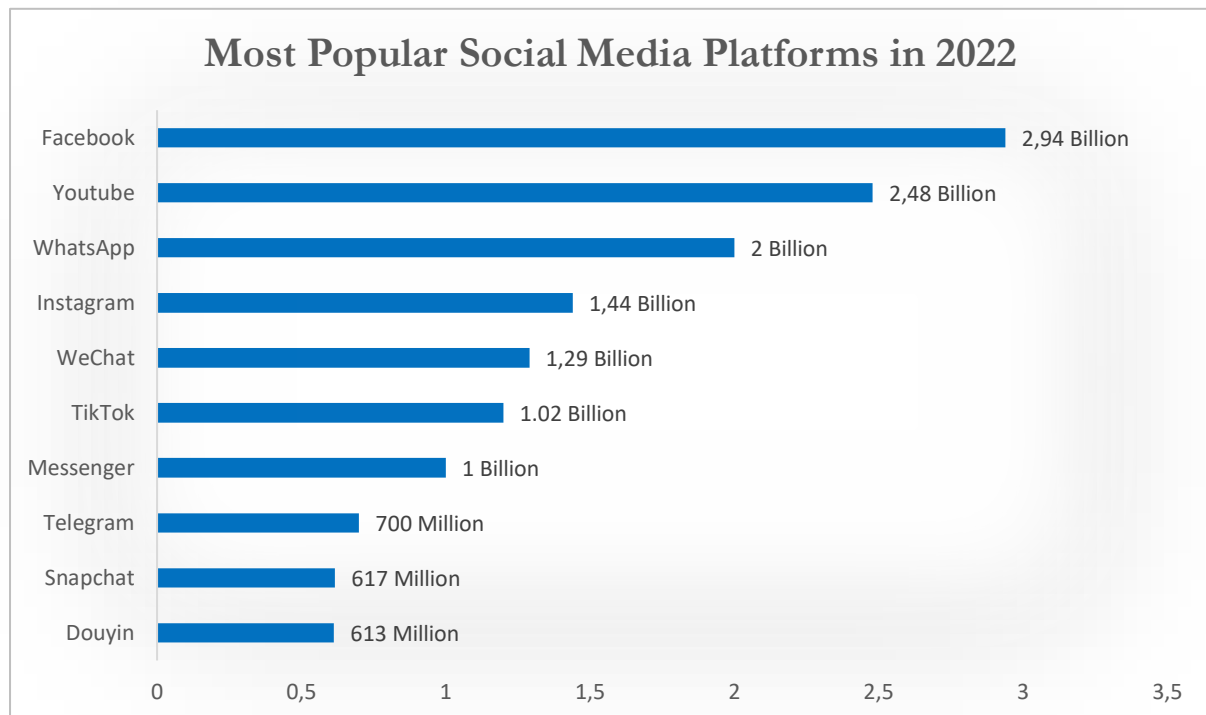
7. LinkedIn: a social networking site designed specifically for the business community. The goal of the site is to allow registered members to establish and document networks of people they know and trust professionally.

There are a lot of social networking sites, with a variety of technical outfits, supporting an extensive variety of practices and interests. These social networking sites are becoming popular amongst students and experts and assist them in linking with everyone, their native and the international public at large. The most prevalent social media site is Facebook which becomes an international occurrence in the last few years (Foregger, 2008). The majority of the users of Facebook are youth between 18-24 age limit (Valenzuela et al., 2008).

Social media is strongly influencing global relations. These days' international influence is as simple as a few clicks of a mouse. Anyone with a camera and essential information on the internet; blogging and other social media tools can reach out to international audiences. Therefore, social media has emerged as a main tool that can form history and it, as a result, deserves closer attention (Anouk, 2012).

The latest statistics show that Facebook continues to reign strong as the king of social media, with 2.94 billion active users in 2022. That means that around three out of every four of the 3.96 billion social media users are active Facebook users. Second on the list of the most popular social media platforms in 2022 is YouTube with 2.48 billion active users – 84 percent of the number of Facebook users. Given that 720,000 hours of video are uploaded to YouTube every day worldwide; it may seem like an uphill task to get your video noticed. But also consider these YouTube statistics: 1 billion hours of video on YouTube are watched daily and 90 percent of consumers say they discover new brands and products through YouTube. The third- and fourth-most popular social media platforms are WhatsApp and Instagram, with two billion and 1.44 billion active users.

According to Facebook figures, there were almost 526 million every day active users. Now, Social networking is very popular among youth and continues to grow in admiration. Better use of computers and cellular phones to interconnect, responsibilities that have in the past required relational services and face-to-face communication, may be changing how youth attain and practice skills that are essential to purpose in their everyday lives (Selfhout, Branje, Delsing, Bogt and Meeus, 2009).



<https://www.shopify.com/blog/most-popular-social-media-platforms?>

### **The Negative Impact of Social Media on Youths**

Social media use can have a serious negative effect on youths including feelings of depression, anxiety, fear of missing out, body image, bullying and sleep, etc. (A.Wong, 2014) Evaluated the impact of social media on young people, specifically demonstrating the negative impact of social media. The research chiefly categorizes the negative facets of social media into three categories: firstly, it promotes an invalid notion of connections and artificial friendships, leading to psychological and mental problems. Secondly, it has become an addiction, invading the personal space and time of people, depriving them of their social instincts, and leading to social isolation and antisocial behavior. Thirdly, the criminal litigations performed through social media by the hands of terrorists and criminals are also dangerous for younger people. All of these three categories adversely affect the younger generation, causing different mental problems and reducing their social abilities. Increasing concern occurs amongst scholars concerning the effects of social media on adolescence about possible dangers to security, well-being, and ability to their social lives.

Therefore, social media has an impact on the youth in various ways. For instance, concerning exposure to problematic material, the Internet has changed the way the consumption of pornography takes place. People have a greater possibility to access pornography through their initiative or accidentally. Research has revealed that 57 percent of 9 to 19 years old have come into contact with online pornography. Their encounters with pornography happened in different ways. The most common was in pop-up adverts, open porn sites accidentally when looking for something else, or in junk mail. Also, 22 percent of 9-19-year-old, daily and weekly users have accidentally ended up on a site with violent or gruesome pictures, and 9 percent on a site that is hostile or hateful to a group of people. (Livingstone and Bober, 2005).

Additionally, a survey of risk, impact, and prevention found that using the internet intensively, taking risks online, going to chat rooms, and using the computer in other people's

homes are the most predictive behaviors associated with exposure to sexual material on the internet.

In addition, exposition to advertising and consumption of virtual items is also on the rise. Thus, the youth are constantly exposed to different types of marketing, not only by visiting web pages but also through the practice of their favorite hobbies. Virtual online communities and video games include an exposition of real-life marketing inside virtual settings. Some communities transform children 's play into a way of gathering information. (Chung and Grimes, 2005). Social media has also resulted in online sexual victimization among the youth. The Youth Internet Safety Survey, conducted by the Crimes Against Children Research Center at the University of New Hampshire interviewed 1,501 youth ages 10 to 17 years that frequently use the internet and found that 19 percent of youth (77 percent were 14 years or older) have received an unwanted sexual solicitation via the web; only 24 percent of teens told a parent about the solicitation (29 percent told a peer); and 75 percent of teens were not worried by the sexual online solicitation (Njoroge, 2013).

Moreover, experts assert that social media had been the cause of several mental problems. It is believed that the extensive use of social media and overestimation of other social networks transmits the nervous system of people, principally younger people to fight-or-flight mode, inflicting several mental disorders on them. These disorders include attention deficit hyperactivity disorder (ADHD), oppositional defiant disorder, teen depression, teen anxiety, and aggression. This is evident from several types of research that teenagers who use social media extensively were more vulnerable to depression and anxiety as compared to those teenagers, which used social media to a limited extent (Carley, 2014). For instance, in 2018, a study was conducted which demonstrated that those teenagers who used social media seven hours daily were twice as likely to be diagnosed with depression than those who either didn't use social media or used it in a controlled manner for only one hour a day. In fact, the depression of these teenagers reached such an extent that they needed treatment by mental physicians or psychiatrists, showing the importance of this topic, and the increasing impact of social media on the young generation (M.A.Fabris, 2020).

But with the bright side, always comes a dark side. Thereby, where social media withholds some benefits, it also has several disadvantages, affecting the younger generation specifically. These disadvantages incorporate cyberbullying, self-isolation, suicidal ideation, Facebook depression, aggression, addiction, negative impact on self and body image, and self-esteem. Considering cyberbullying, social media has led to several criminal activities, assisting terrorists and criminals to host several crimes using the social media accounts of several younger people to hide from the police and other authorities (Sangwaan, 2019).

Evaluated the impact of social media on young people. The paper asserts that social media being a platform for self-expression, requires the users to perform their activities deliberately, but a self-conscious and increased visible performance of identity on social media suspensions the use of social media. The paper evaluates a wide variety of arguments about the use of social media by young people, and the different ways in which this use becomes problematic with a broader developmental discourse. Hence, the paper asserts that social media might have little delinquencies but in the long-term social media is all about the refinement and development of the young population.

### **The Risks of Social Media On Youth's Social Lives:**

Thereby, where social media have its benefits for youths, It also has a serious and devastating negative impact on youth's social lives, so for a better understanding of the issue of the negative impact of social media discuss below classifications according to the various research results (Goodyear, 2018).

### **Facebook Depression**

Several researchers have proposed a new phenomenon called "Facebook depression", which is defined as depression that develops when individuals spend an excessive amount of time on social media sites, such as Facebook, and then begin to exhibit classic symptoms of depression (Jackob,2015). Seeking acceptance and staying connected with peers is an important element of social life. However, the intensity of the online world, which requires constant engagement, creates a factor of self-awareness that may trigger depression in some people. As with offline depression, people who suffer from Facebook depression are at risk for social isolation and sometimes turn to risky Internet sites and blogs for 'help' that may promote substance abuse, unsafe sexual practices, aggressive and self-destructive behaviors." (Jacobs, 2014).

### **Social Media and Anxiety**

In addition to being a source of depression and anxiety, social media is also a common source of stress for its users. A survey performed on 7,000 mothers, found that 42% of mothers using the photo-sharing site, reported occasionally suffering from Stress (O'keeffe&Clarke, 2011). Social media causes depression and anxiety in two ways. Chronic stress causes depression and anxiety. Being constantly alert for new social media messages, to your instinctive fight or flight limbic system, is the same as being on continuous alert for predators, which causes a release of the stress hormone cortisol (Jackobs, 2014).

### **Social Media and Catfishing**

When people focus so much time on social media networks real-life relationships begin to suffer (Saedi, 2012). In doing this our more important relationships with our loved ones and close family members suffer because more of our time and effort is put into the illusion of social media. The term Catfish describes people who create fake social networking profiles, and "catfishing" is the process of befriending strangers online while using a fake or stolen identity. It is a deceptive act and it has ruined marriages, relationships, and the emotional well-being of many people.

### **Social Media and Bullying**

Cyberbullying has become a major issue among youths in the last couple of decades, as it allows its victim to post things in front of their peers and humiliate them. Bullying is defined as an aggressive act that is carried out by a group or an individual repeatedly and over time against a victim who cannot easily defend him or herself (Bannink et al., 2014). According to Campbell, 2005, with the use of the Internet and mobile phones, a new form of bullying has emerged, often called 'cyber bullying'. In cyberbullying, aggression occurs via electronic methods, via the Internet, and especially through social media (Bannink et al., 2014).

The National Youth Behavior Risk Survey, completed in 2017, identified 14.9% of high school students had been bullied via texting, Instagram, Facebook, or other social media platforms in the past 12 months (CDC, 2017). A review of studies on cyberbullying identified an average of 23% of teens being cyberbullied (Hamm et al., 2015). However, when the phrase cyberbullied was changed to "having mean things said to them" the percentage rose to 70% (Kowalski et al., 2014).

cyberbullying can have negative consequences for overall well-being. Strong correlations have been identified between cyberbullying and depression, increased levels of aggression, uneasiness, and suicidal idealization, increased use of drugs and alcohol, decreased self-esteem and self-confidence, as well as having negative impacts on existing relationships with family and friends (Chassiakos et al., 2016; DePaolis & Williford, 2018; Hamm et al., 2015).

### **Social Media and Terrorism**

Another dangerous aspect of social media is the rapid adoption of this medium by terrorist groups. In the last couple of decades, incidents of Islamic terrorism have occurred on a global scale, not only in Muslim-majority countries, but also in Europe, Russia, and the United States.

Terrorism has been using social media for the benefit of gathering information, recruiting members, fundraising, and for propaganda schemes (Weimann, 2008).

According to Weimann, terrorists started using the Internet almost 16 years ago. Ever since then, monitoring the use of the Internet and online platforms used by terrorist groups has skyrocketed from 12 to over 9,800 terrorist websites as Weimann stated.

### **Social Media and Criminal Activities**

In order to establish a link between terrorism and social media, we need to assess the different profiles recruits can be grouped into two (Bhui et al., 2014). The first groups of people that easily join radical groups are isolated people. The second category of people includes people with emotional problems such as depression and the last reason why some join terrorist groups is because these radical groups make them feel important.

The psychological issues such as depression, isolation, and unstable personality discussed above make it easier for terrorist groups to obtain recruits. From the previous sections, one can deduce that social media is one of the many sources of emotional issues. Therefore, social media can easily be considered not only a tool used by terrorist groups but also as the first viable step to helping radicalize potential recruits (Weimann, 2008).

### **Impact of Social Media on Mental Health**

Most of the literature reviewed on social media and mental health relates specifically to Facebook and Instagram. The National Alliance on Mental Illness (NAMI) cites that one in five teenagers, aged 13-18, have or will have a mental illness. NAMI estimates that 11% of those with a mental illness will cope with a mood disorder, such as depression or bipolar disorder and 8% will be diagnosed with an anxiety disorder, like General Anxiety Disorder (GAD), panic disorder, obsessive-compulsive disorder, or social anxiety disorder. Overall, individuals who spent more than two hours online per day were significantly more likely to have suicidal risk factors (Twenge, et al., 2017). Recently, Allcott, Braghieri, Eichmeyer, and Gentzkow, (2019) found that a control group, who voluntarily deactivated Facebook accounts for one month, reported small, but significant, improvements in levels of well-being, levels of happiness, and life satisfaction. Users who deactivated accounts also self-reported lower levels of depression and anxiety compared to the control group (Allcott et al., 2019).

### **Impact of Social Media on Adolescent Relationships**

Adolescence was often considered to be a pivotal time in relationship and identity building, as young people explored who they wanted to be in the world and the different ways to present themselves. Due to the increasing use of internet applications such as social media, and video games, technology-based forms of communication and smartphones had become an essential part of the everyday lives of adolescents. Technology-based forms of communication had changed the methods that adolescents used to interact with each other. Whether through the creation and maintenance of friendships or through the types of connections held in a romantic relationship, how we interacted with each other was very different than how it used to be (Allcott et al., 2019). A Pew Research study done in 2015 looked very closely at the realm of teens (between the ages of 13 to 17), technology, and friendships, and the different roles that video games, social media, and mobile phones played in how teens met and interacted with each other. Information was gathered through in-person focus groups, online focus groups, and online surveys (Allcott et al., 2019). Findings in this area showed that boys were more likely to make friends online than girls, even more specifically, older teens were more likely to have made friends online than younger teens. In some cases, teens maintained the digital friendship while others met offline and continued their friendship there. Different platforms lent themselves to helping teens make friends more easily. This could be seen in those who played online games. Among those who played games online, 74% have made friends online and 37% have made more than five friends

online. Social media users were also well known for making friends online but were often correlated with making a large number of friends online (Lenhart et al., 2015).

For girls, social media sites were the method of choice for meeting friends online. Boys tended to make more friends through gaming than through social media. The report stated that while many teens made friends with people online, only 20% of them had met their online friends in person (Lenhart et al., 2015).

Video games, for many teenagers, were not simply entertaining media, they offered lots of opportunities for socializing for teens with new friends and old. Many teens played video games daily as part of in-person friendships, while over 50% played with people that they do not consider to be friends. While many played games to be able to maintain relationships with those that they knew in person, some teens noted that they enjoyed playing with people who were not their friends. For some, it was the chance to get to know someone, for others it was the unknown competitive aspect that drove them to seek out new people to play with. Playing video games could instigate a wide range of emotions and reactions. Emotions could range from happy and relaxed to angry and frustrated (Lenhart et al., 2015).

#### **Social Media Cause Security Issues:**

By using social media, privacy is almost compromised. Most people used social media daily to update their details like phone numbers, addresses, work locations, and other information about their personal life. There is no privacy in using social media for them.

One of the most common security issues found in using social media platforms is stealing the account's password (Lenhart et al., 2015). If someone stole the company account password and change the company name and all the detail, then it will be a big loss for the company. Also, many securities companies can access people's personal social media accounts, you will never know when you are visited by investigation offers of the security companies. Regarding any issues that are mistakenly and unknowingly discussed over social media and the internet (Lenhart et al., 2015).

#### **Fraud and Scams on Social Media Platforms:**

One of the most happening things on social media is fraud and scamming people. On social media you can be in different groups, people do scams and fraud other people. Some people take the from the people but didn't provide any services to them. Many people sell the wrong products of the worst quality to people on social media. And many other kinds of different scams and frauds happen on social media platforms (Lenhart et al., 2015).

#### **Social Media Used for Hacking:**

Hacking is the worst disadvantage of social media mostly happening to people. Hacking is an illegal activity. It is the activity of getting access to the personal and restricted information of other people. In my research about the Advantages and Disadvantages of Social Media, the researchers found that the youngest youth and children are victimized by hackers. In January 2019 several people's personal Facebook, WhatsApp, and Twitter accounts have been hacked. Mostly hackers hack the accounts of people and then blackmail the people by posting their detail on social media. That can lead people to lives in danger. Sometimes they send spam messages to people and commit fraud. Your social media account can be hacked and this is not a simple problem that can be solved easily. The hackers can also steal your business's important data which not only harms you but can also harm your customer. Which can make financial losses in your professional life. This mostly disturbed the life of people.

#### **Decreases Face-to-Face Communication Skills:**

Social media is the most popular communication medium nowadays. Most people used social media to communicate with other people.

One of the worst things about social media is that it decreases the face to face communication skills. Every person referred to social media to communicate with other people, and by this, they

slowly lost their face-to-face communication skills. Communication through social media is only done by using keyboard or voice messages. The people who used social media for communication didn't learn the face to face communication. It became very difficult for them to communicate with people face to face.

### **Social Media Ruin Reputation:**

Social media is the best platform to make good relationships with the customer and promote your brand products and services. As social media plays a very important role in improving the reputation of a business or a person. Also, it can ruin the reputation. Social media has the power to shape the online reputation of a business or an individual. Sometimes it happened with businesses, the competitor business creates a false story and posts it on social media, and spread it to the people. And of this, the businesses suffer a lot from the false stories that ruin the reputation of the business. It can ruin the reputation of a person. Recently it happened with people commit suicide because their reputations are ruined by social media (Allcott et al., 2019).

### **Social Media Creates Addiction:**

One of the worst things about social media is its addiction to the usage of social media. Most people use social media a lot they get addicted to the usage of social media they are always busy scrolling through the social media newsfeed and posting to it. The excessive use of social media leads people to severe addiction to social media. Most teenagers are getting affected by addiction to social media. The addition of social media cut off people from society and the real world. They didn't want to see the real world or what is happened around them. It can disturb the personal lives of the people as well. The addition of social media is a very bad thing. It affects a lot of the life of people. They didn't want to do something else which is very important for their professional life. It wastes a lot of precious time of the people, that could be utilized on productive activities and tasks.

### **Cheating and Relationship Issues on Social Media:**

Relationship issues and cheating are common things found on social media platforms. Most people find their life partners on social media platforms. They propose and marry each other. But most people got cheated on social media. Most people used social media the only time to pass. They make their profile on social media with incorrect information. They started connecting and communicating with other people without revealing who they are and cheating on each other. It's very difficult to find a true-life partner on social media. Most people show the wrong information and wrong feeling to each other and cheat each other.

### **The Negative Psychological Effect of Social Media on Teen Body Image**

Body image is one primary area in which teen social comparison leads to negative emotions not only for teen girls, but for all genders. When teens compare themselves to curated and filtered photographs of their peers and of celebrities, they often feel inferior. This can lead to lower self-esteem and negative body image. In addition, Facebook use has also been linked to a higher risk of eating disorders (Prev Med Rep, 2018).

According to a survey by Common Sense Media:

- 35 percent of teenagers on social media worry about being tagging in unattractive photos
- 27 percent are stressed out about how they look when they post pictures
- 22 percent feel bad about themselves when nobody comments on or 'likes' their photos.

### **Additional Psychological Effects of Social Media on Youth**

A study by researchers at University College London tracked three years of social media use by 13,000 teenagers, starting when they were 13. The teens also self-reported about their social media experiences and their mood and well-being. After compiling the data, the study authors concluded that the social media effect on youth is driven by three primary factors:

- Inadequate sleep - teens stayed up late to continue scrolling through their social media feeds

- Exposure to cyberbullying – having harmful, false, or private content about them posted on social media
- Lack of physical activity – scrolling social media on their phones or other devices meant that teen sat for longer periods of time and had less time for exercise. As a result, they missed out on the beneficial impact of exercise on mental health.

According to the study, which was published in the Journal Lancet, 27 percent of the teens who frequently used social media reported high psychological stress. For teens who used social media less frequently, only 17 percent reported high psychological stress.

### **Key Findings**

- Social media exposure among teenagers can lead to constant comparisons, causing damage to self-esteem and body image.
- Social media can negatively impact youth's mental health, leading to cyberbullying, body image issues, and tech addiction, and reducing their time for healthy, real-world activities.
- Experts suggest that excessive social networking stimulation can trigger fight-or-flight responses, exacerbated by conditions like anxiety, depression and oppositional defiant disorder.

Mental health treatment aids teens in developing self-knowledge and skills to combat the negative effects of social media overuse.

## **CONCLUSION**

This report aims at the positive and negative effects of social media. Addiction to social media is very harmful. In collaboration, this report shows the usage of social networking among Teenagers and Young People. Moreover, it describes the social media usage pattern among teenagers. However, negative, positive effects have also impacted the life of teenagers. Social media are very beneficial and dangerous for teenagers. These media are not just to spend time or get addicted to it. The main theme of social media is to get connected to the world.

When addiction starts then the productivity of teenagers decreases to a minimum extent. One more result also comes out that it is not practically proven that social media addiction affects the life of teenagers. The effects of social media hinder the path to success for teenagers. University students are likely to get addicted to social use because of their influencing atmosphere. Since youth are immature, they are vulnerable to cyberbullying. This harms 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. Face-to-face engagement is decreasing due to social networking. It promotes misinformation and rumors. Social media is used by criminals to commit crimes. It promotes dangerous and life-threatening amateur medical advice.

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