

# Impact of Social Networking Sites on Adolescents: Review Based Perspectives

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**ABSTRACT:** In recent years, social networking sites have become an integral part of students' social lives, with teenagers spending more time than necessary. These networks have become important to them as they serve as platforms to interact with users and build relationships with their peers. Social networks are now seen as learning platforms or communities that can be used to increase student engagement and performance. Social networks have been seen as platforms that can easily create a learning environment for students and their peers. Conversely, many researchers and studies have also found a negative impact that social networks have on student educational performance. This perspective explores the consequences of social networking sites, which have been a matter of much concern and the use of Social networking sites or other technology both are associated with positive and negative aspects of the coin for adolescents and teens.

**Keywords:** Twitter, Facebook, You Tube, Social networking sites, well-being, Adolescent.

## I. INTRODUCTION

Social network sites are web-based services that allow individuals to create public profiles in a constrained system that is based on certain rules. Most of the time, social networking sites are used to communicate with people, communicate their speech, perform speech etc. which are already in the same mindset or similar interests and ideas for their friend, professional or connection in social network Sharing, discussing debatable topics, news articles are the most common topics on these social networking sites. Social networking sites not only provide a platform to share chatting, scraps, videos, pictures, etc., but are also popular for discussing social issues. Social networking sites have the potential to broaden an individual's social network and provide access to valuable resources, information and social support. Social networking sites are a tool for children and

teenagers who want to stay in touch and know what is happening with their friends or relatives. By opening a website, they can communicate with all of them and learn what matters to them. People are living in a global world and everyday they are adopting new technologies, information, lifestyle, language and so on. And nowadays digital social media (**Facebook, Twitter, Yahoo Messenger, Google Plus**) are very popular among young generations and they are influenced more by them. They think what they are pursuing in the digital social media is up to date and if they follow those trends, people will find them smart. However nowadays there are influences of digital social media in language acquisition of young learner. Young people are now most of the time connected with the people through digital social media, so intentionally or unintentionally they are following that trend of language acquisition.

In the digital social media the young generations use some popular terms like LOL (for "laugh out loud") which is developed into unique words. It has a meaning greater than their original abbreviation. LOL is now used like a type of punctuation to add a joking or cheerful intonation to messages. It doesn't always indicate literal laughter. Though the young languages, and they use it in their formal writing and speaking. This types of text shorthand is now becoming a language all its own. As a result they are using those languages formally in the public place and they are destroying their language. Digital social media uses require some unique adaptations, but it also provides us a new way of communication.

Social media can be very influential on society in both positive and negative ways. It gives people a way to stay in touch with people who live far away. It lets people share fun, interesting and informative content. It gives businesses a way to engage with customers. One of the problems, however, is that anybody can share anything, including material that may not be accurate. In some cases, real harm is done when people spread

inflammatory, unverified or outright false information. This can harm private individuals, as when someone is bullied online. It can also have a harmful impact on society as a whole.

Numerous studies show that the media tool neither improves nor negatively impacts learning when compared to the same teaching strategy in the classroom (**Bernard et al., 2004; Clark, 1983, 1991**).

### **POSITIVE IMPACTS OF SOCIAL MEDIA & SOCIAL NETWORKING SITES**

According to **Asad et al (2012)** students' academic learning outcomes could increase when their social learning outcomes were heightened (p. 501). Students are however, keen to use Social Media & Social Networking Sites for academic purposes and this presents an opportunity to engage them to learn informally by seeking, exploring and testing ideas with other students within their own social network. (**Gremu & Halse, 2012**). Digital social media like Facebook, Twitter, and Google Plus, "all these are impacting upon education far more dramatically than the conventional word-filled web page" (**Eastment, 2007**). **Boyd (2007)** says teenagers and young adults have especially embraced these sites as a way to connect with their peers, share information, reinvent their personalities, and showcase their social lives. According to **Flad (2010)** now communication is instant as teens have their own cell phones that enable them to access social networking sites throughout the day.

**Anderson et al., 2002; Bushman & Anderson, 2009; Lin, 2013; Savage, 2004** conceived studies which have shown that violent contents and interactive media (e.g. first-person shooter video games) can significantly encourage antisocial attitudes and aggressive tendencies among youths. Media exposure is also found to be associated with such undesirable outcomes as negative self-perception (**Roberts & Good, 2010; Tiggemann, 2006**), eating disorder (**Levine & Murnen, 2009**) and substance abuse (**Engels et al., 2009**).

**Livingstone (2008)** says being friends with someone on a Social Media & Social Networking Sites allows a person to communicate in a variety of ways such as sending private and public messages, participating in on-line games, commenting on photos that have been posted, sharing music or movie preferences, responding to journal entries, and much more. While **Krashen (1981)** asserts that comprehensible input was both a necessary and a sufficient condition for the acquisition of language, **Ellis (1985)** conducted an

analysis of various studies and theoretical treatments of the subject and concluded that both input and interaction influence second language acquisition. A teacher makes efforts to gain an understanding of students' prerequisite knowledge, including any misconceptions that the learner starts with in their construction of new knowledge (**Anderson, 2008, p. 47**). According to **Harwood & Blackstone (2012)** instructors can show they are engaged in students' Facebook learning by simply liking a link shared by a student, writing an encouraging comment to a post or referring in class to an interesting discussion that has occurred on the page. They further say Social Media & Social Networking Sites demonstrate to the students that the class tutor is present and interested in what is happening online, and that he/she values their contributions.

**Subrahmanyam et.al (2008)** conducted a study on the use of social networking sites by the adults and noted that social networking sites like MySpace and Facebook were popular online communication forms among adolescents and emerging adults. The study revealed that participants often used the Internet, especially social networking sites, to connect and reconnect with friends and family members.

**Naeema (2011)** conducted the study on social networking as a tool for extending academic learning and communication. Despite assumption that the lecture is cohesive and consistent to all attendance, exchanging ideas, sharing knowledge, and expanding understanding is very required outside the classroom boundaries. From this point, social networking sites appear very helpful in building academic groups to achieve better academic learning and communication. The analyzed data show that students are personally achieving the basic competences required to access social networking applications by themselves or through friends while the university highlights the importance of the constantly adapting technologies efforts to improve successful practice and to be engaged with universal knowledge.

According to **Harwood & Blackstone (2012)**, this kind of support is very important to motivate the less confident learners to feel interested to participate in the discussion. And as the teacher is involved in the discussion the student are aware of their writing. They do not want to do any mistakes in their writing. Moreover the students want to be more creative in their writing because they know teacher is observing them and if their comment is resourceful, teacher will like his/her comment or will respond to that (*ibid*). According to **Vygotsky's (1978)** social

development theory advocates learning contexts in which students are active in their own learning. To achieve this, **Vygotsky (1978)** advises that the traditional roles of the instructor and student are altered to enable the instructor to collaborate with students in order to facilitate the construction of meaning. According to **Greenfield (1972)** online chat is a new communicative environment and we may expect it to elicit adaptations in participants' language use.

**Jones and Madden (2002)** reported that almost 79% of students thought that the Internet and social networks had a positive impact on their academics while there was positive correlations between the use of social networking websites and student engagement, a predictor of academic success (**Kuh, 2009**). **Subrahmanyam and Greenfield (2008)** observe that the lines between the virtual and real world is increasingly blurred for youth today: "for today's youth, media technologies are an important social variable and physical and virtual worlds are psychologically connected; consequently, the virtual world serves as a playing ground for developmental issues from the physical world". Some more advantages of Social Networking sites are as follows:

- With the help of social networking sites, the whole world is connecting with each other, people are getting together. No matter if you are searching for a former college roommate, your first grade teacher, or an international friend, no easier or faster way to make a connection exists than social media. These sites can be accessed from any part of the world. Easier than ever to keep in contact with old friends and colleagues.
- Many social networking sites incorporate an instant messaging feature, which lets people exchange information in real-time via a chat.
- Undoubtedly, social networking has revolutionized the speed of the news cycle. Most news organizations now rely on social media sites to collect and share information.
- Review sites such as Google Reviews, Yelp and even Facebook have become a popular source of information for consumers. These sites create "social proof" for individuals looking for input from other consumers about the value of a product or service.
- Benefits include enhanced capacity for (online) socializing, increased learning opportunities and greater access to health-promoting information, among others (**O'Keefe et al., 2011**).
- Not only are there many groups for people to discuss their interests but there have been a huge growth in chat rooms, forums and groups focused on professional growth.
- Non-profit charities, educational associations and even political groups have found that social networking is a powerful tool for getting one's message out.
- With the help of social networking sites, you can easily know what is happening around the world.
- The social networking sites have become effective tool of socializing, economic development, political reformation, environment protection, crisis management, disaster management and participatory development in the present time frame.
- Internet provides subject specific study material because of that most students consider the Internet to be a very useful tool for their studies. Students like online books and study material. Students prefer downloading study material from internet and are not buying books. They get internet support to boost their confidence in presentations and reports.
- Social networking sites use provides opportunities for self-disclosure and, in some circumstances, demands self-disclosure, which plays a role in adolescent identity development. Today it caters to the need for self-disclosure of both introverted and extrovert teenagers. For this reason, its use is increasing day by day.
- Social networking sites help people fight their mental stress. Online media use may also widen users' social networks, strengthen their social relations and help them channel more social support. Socializing online can also lower feelings of loneliness among adolescents.
- Social networking sites are a very easy means of information sharing. Social media websites can function to compensate for the participants' weak social skills, by enabling them to fulfil their desires for social interaction, friendship generation and identity exploration (**Bonetti, Campbell, & Gilmore, 2010; Kowert, Domahidi, & Quandt, 2014**).
- Social networking sites are the best source for bloggers because of which they can spread their words, invention, and creativity to others without spending money or at a low cost. Jobseeker can create a profile and upload our resume (which you can keep private from your current employer if you want) on this this virtual platform, browse relevant postings in

various industries, and apply one-click to many.

- Social networking sites are the best job search platform as Linked in, Sarkari naukri.com, Facebook, Free job alert, Nexxt, Indeed, Jobcase, mediabistro, opportunity etc. Now these days Social networking sites provides job seekers the opportunity to create a comprehensive profile for employers to show their most important and relevant information.
- Social networking sites provide commonality of Interest means when you opt to participate in a social network community, you can pick and choose individuals whose likes and dislikes are similar to yours and build your network around those commonalities.
- It helps students in interacting with one another and share ideas. This helps in improving students' creativity.
- Social networking sites are very easy means of advertisement. Publish advertisements at a low cost for various social activities such as blood donating, financial support, etc.

#### **NEGATIVE IMPACTS OF SOCIAL MEDIA & SOCIAL NETWORKING SITES**

The use of social media during adolescence can also negatively impact health and development. Although the majority of adolescents report that social media are a positive contribution to their lives, **Rideout, 2010** stated more negative associations with social media have also been documented in the research literature. These include cyberbullying, depression, social anxiety, and exposure to developmentally inappropriate content. ( **Subrahmanyam K and Smahel D, 2011**).

Adolescents who self-reported being lonely are significantly more motivated to use online communication more frequently to meet people (Bonetti, et al., 2010). Teenagers with social anxiety may use social networking websites and online communities as an alternate way to develop friend-ships. Such settings allow adolescents to communicate in a low pressure setting with relative anonymity. However, this “social compensation” can be problematic when it results in decreased efforts to socialize face-to-face (Kuss & Griffiths, 2011).

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According to **Bunce (2010)** chatroom interaction was less effective for language learning than face-to-face oral interaction as “slow typing can considerably hinder language production, negotiation, collaboration, and therefore noticing”. “An important characteristic of online chatrooms is that they are inherently visual. Chat conversations exhibit features of both written and spoken language” (**Freiermuth, 2002**). According to **Herring (1996)**, chat takes place in the written medium (typing words on a keyboard and reading words on a screen), but like spoken language, particularly unplanned speech, generally consists of shorter, incomplete, grammatically simple, and often incorrect (grammar and typographical errors) sentences.

**Anderson (2008)** says “they exercise their mastery of communication norms and tools, some of which are not being appropriate to an educational online context” (p. 48). Therefore (**Crystal, 2001**) reports that 80% of the utterances in published log data were five words or fewer in length. Therefore **Hezili (2010)** found in his research, chat users omit copulas, subject pronouns, and articles. The use of misspelled words and spellings by replacing normal words and terms in the language is a definite cause for alarm hindering the ability of students and children to communicate effectively through the appropriate written medium, when writing academic papers, essays, drafts or any other literary prose.

**Karpinski (2009)** found that Facebook usage is negatively correlated with collegiate grade point averages (CGPAs) of its users. He observed that CGPAs range 3.5-4.0 for non-users but lesser for users i.e. 3.0-3.5. But the most interesting finding was that 79% Facebook users denied having any adverse impact of this usage on their CGPAs. It means they are not even aware of the fact that their networking habits are affecting their

academic performance. Grades of student users are adversely affected by Facebook usage as mentioned in report by MyFox Dallas/FortWorth (www.Myfoxdfw.com). Similarly, Miami CBS affiliate announced that Facebook usage yields lower grades among its users (CBS4, 2009). An academic research was conducted by **Wilson (2009)** through which he proposed that university results are harmfully affected by Facebook usage. Likewise, **Khan (2009)** found that Facebook users had poor performance in exams.

A session of the **American Psychological Association** entitled “Poke Me: How Social Networks can Help and Harm our Kids” (2011) features **Dr. Larry Rosen’s** study of the effects of Facebook and education. Social media icon, Facebook, has changed our culture forever. Since its inception in 2004, Facebook has served as not only as a way to get connected and stay connected, but it has been a great way to waste serious amounts of time clicking from page to page, picture to picture (Youth Resources, 2011). Rosen found that middle school, high school, and college students who checked Facebook at least once during a 15-minute study period achieved lower grades. The study also concludes that the more windows students have opened while studying, the lower the students achieved.

**Englander et al. (2010)** proclaimed that internet usage is negatively associated with academic performance of student users and destructive impact of internet usage is far more momentous than its advantages. **Nalwa and Anand (2003)** proposed that addicted users prefer using internet setting back their personal and professional responsibilities and this ultimately leads to poor academic performance.

**Pappacharissi (2009)** conceived profiles and user behavior on Facebook, LinkedIn, and ASmallWorld and finds that the features, intent, and norms of each social network are intricately related to user behavior.

National Sleep Foundation (2014) stated that teenagers have nearly unlimited access to peers through mobile technologies, social media use may result in changing sleep cycles for adolescents, which may contribute to depression. Teenagers who report having mobile devices in their bedrooms and leaving them on at night sleep less than those who turn them off. Research on traditional media such as television and magazines has identified problematic implications for adolescents (especially female adolescents) around issues such as self-esteem, gender stereotypes, self-objectification, and impossible body standards (**Common Sense Media, 2015**).

Conversely, a number of researchers and studies have also found a negative impact that social network participation has on students’ academic performance. In the study of **Kirschner and Karpinski (2010)**, they found a “significant negative relationship between Facebook use and academic performance. Facebook users reported lower mean GPAs and also reported spending fewer hours per week studying on average than Facebook nonusers. A majority of students claimed to use Facebook accounts at least once day”. Some other disadvantages of Social Networking Sites are:

- In fact, studies have shown that violent contents and interactive media (e.g. first-person shooter video games) can significantly encourage antisocial attitudes and aggressive tendencies among youths (**Anderson et al., 2002; Bushman & Anderson, 2009; Lin, 2013; Savage, 2004**).
- Now these days spread False and Unreliable Information. One unfortunate use of social media that has come up since the 2016 elections is the use of social media to influence public policy with information that may be doctored or outright false.
- While social media can be wonderful for keeping in touch with friends and families, it can also have the opposite effect for many people. Research has found a link between increases in loneliness, depression and anxiety and social media use and limiting one's social media use each day can actually help alleviate these feelings.
- Causing Major Relationship Problems between family, spouse and relatives etc. Social networking sites such features are related to the higher frequency of risky behaviour and unwanted interactions in these online forums. Self-disclosure also plays a large role in social networking sites that affects well-being.
- Cyber Bullying is a Growing Problem which affects the mental health of the teens and adults. A major controversy surrounding social networking sites adolescent’s safety and privacy. Use of social networks may expose individuals to other forms of harassment or even inappropriate contact.
- Whether you like it or not, the information you post on the Internet is available to almost anyone who is clever enough to access it. Most thieves need just a few vital pieces of personal information to make your life a nightmare.
- Used to Profile and discriminate in the Job World
- Excessive use of computers by adolescent, including the use of technical gadgets mediated

communication, is related to sleep disruption. Adolescents use computer / social sites in relation to perceived quality of sleep, and interrupt awakening and attention.

- Social Networking sites are biggest addiction now these days which is real and adversely affect the psychological wellbeing of human being. These sites may also lead to addiction. The most common disadvantage of social networking sites is addiction. Often users of these sites get addicted to it. They spend hours using these sites and it harms their academic performance. Extreme degrees of Internet and electronic media use among adolescents can be identified as rapid Internet addiction, a disorder with symptoms that correspond to substance use and gambling disorders. It can be harmful for adolescents and can block their mental and social development.
- The violation of human rights is another set of negative impacts on both adolescents and teenagers. This is due to too much freedom of adolescents and teenagers that leads to meet up resulting in harassment and abuse.
- Social networking sites have greatly influenced and influenced the minds of today's adolescents. These social networking sites like Twitter and Facebook have become a craze for adolescents nowadays. Today adolescents are constantly on the internet and it is changing their way of communicating with others virtually.
- Adolescents and teen both are today are becoming more self - center caused by their urge to create an image for their selves through the Facebook profiles, they lived more than twelve hours in a virtual world. Therefore these social networking sites are not just affecting the mind but are also affecting the body by creating more unhealthy people.
- Some peoples may tend to use to these social networking sites till mid night or even more which can obviously lead to mental health problems or disturb their biological clock which sometimes harms their body too.
- Peoples may spend time in Facebook through which they lack to spend time with their family members.
- Sometimes users provide unintentionally their personal information to others which is insecure because they can easily tracked down by strangers.

## II. CONCLUSIONS:

Social media & Social networking sites have made it very easy to spread information

quickly. Because Facebook and Twitter timelines move so quickly, viewers don't often verify what they've seen. A great deal of content is also spread through images and memes, which may or may not be based on valid information. Of course, many memes are created to be funny, cute or outrageous. Others, however, are intended to influence our thinking. Even links to real articles can be misleading. It's safe to say that most people who see a headline and link never read the whole article. Many websites publish fake news simply as clickbait. They want people to click on shocking headlines in order to get clicks so they can sell more advertising. There are also sites with a strong ideological slant. These may be extreme right wing, left wing or conspiracy sites. Many of these sites aren't very discerning about publishing "news" stories that back their point of view. Social media stories, whether true or not, often go viral. The more outrageous and newsworthy something is, the more likely that many people will share it. During a highly-polarized election, people are motivated to share anything that supports their candidate or, more likely, attacks the opposing candidate. This can result in false stories widely circulating. Even if false stories are discredited and recanted, the damage is already done. By the time a retraction is published, millions of people may have already seen the story. Communication is rapidly changing, as now the educators and the students communicate through social networking sites. Therefore it is important to emphasis on how the educators can help their students to utilize the benefits of social networking sites to improve their productive skill. Increasingly, Internet use poses a mental health threat to youth because prolonged exposure and dependence can make them susceptible to cyber bullying and other forms of online harassment, which can further produce detrimental outcomes such as depression, anxiety, loneliness and substance abuse (Gamez-Guadix, Orue, Smith, & Calvete, 2013; O'Keefe et al., 2011).

Adolescence is an axis of conflict that is a stage of struggle to find a balance between autonomy and engagement. The Internet and Social Networking Sites provide context for learning and trying new identities to learn new social skills and try them at home and establish affiliation. Although representing a significant change in the way teenagers communicate and spend time, internet access and dovetail with Social Networking Sites's facilitate, and perhaps accelerate, the adolescent psychosocial developmental tasks. The literature points to the many positive effects of Social Networking Sites on adolescents' psychological, social, and economic development, including

increased relationships with peers, friends, neighbours, distant relatives, affiliates given wider opportunities in terms of the best source for bloggers because of which they can spread their words, invention, and creativity to others, including traditional social within contexts, low-access groups are also included, Social networking sites provide commonality of Interest, and there is an increase in opportunities for self-disclosure, which may increase adolescent well-being. On the other side of the coin the use of Social Networking Sites has also led to several negative consequences, including excessive pressure for self-disclosure, the ability to disproportionately amount to negative feedback, and the possibility of unhealthy social comparisons without any scientific basis. With the advent of radio and television, another powerful technological innovation in social network sites that have changed the society and brought it to a different platform today is the way children and teenagers spend time and get information. The initial wave of research on the use of Social Networking Sites has focused on identifying positive and negative effects. With some concerns related to the dangers inherent in the use of Social Networking Sites as Cyber Bullying is a Growing Problem which affects the mental health of the teens and adults, Social networking sites are the best job search platform, Sometimes users provide unintentionally, Some peoples may tend to use to these social networking sites till mid night or even more which harm psychologically and physically, their personal information to others which is insecure, Adolescents and teen both are today are becoming more self - center because of the virtual platform, The violation of human rights is another set of negative impacts on teenagers and adolescents. However, the next signal of research could examine ways to make the most of the potential of Social Networking Sites for adaptive psychosocial and economical development of adolescents. Therefore this Qualitative study suggests that if the teachers as well as the students utilize the digital social media in proper way it will be beneficial for them to enhance their Knowledge and psychological wellbeing.

### III. RECOMMENDATIONS

#### For Teachers, parents, and caretakers

Teachers and parents teach their children about Social networking sites or media use, including multimedia mobile phones, technical gadgets, and iPad, to build awareness of social media practices and their outcomes either positive and negative both are necessary to discuss with children.

This is necessary for teachers to encourage parents to talk to their children about their social media or social networking sites use, create their own social media profiles in a decent manner, and help guide their children through a definite rule.

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