

The Impact of Social Media on Health Andlifestyles of Teenagers

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ABSTRACT

Now a days social media plays a very crucial role in our lives. Social media has noticeably reshaped the way teenagers interact with their family, friends, and relatives and build relationships. There are various social media platforms like Facebook, Instagram, Twitter, Snapchat etc. offer relentless opportunities for communication, allowing teens to stay connected at all times. This connectivity can boost their friendship and offer a sense of belongingness. Many young people use these platforms to express creativity, share ideas and even start their own business. But at the same time social media can be a major interruption for teenagers, especially during study time. Notification and the urge to constantly check their phones often disrupt concentration, reducing productivity and affecting academic performance. This study aims to determine the influence of social media on the lifestyles of teenagers in the city of Deogarh. The studies identified that social media affect mental health and physical health of young people. There is little work on impact of social media on young children. More research is required to identify the risk factors which are affecting mental health and lifestyles of young children.

Key Words: Interruption, Facebook, Instagram, Twitter, Productivity, Mental Health.

I. INTRODUCTION

In today's world technology has changed our life style not only in our attitude, behaviour but also the way we communicate with others. With the help of many social media platforms young children can connect with their family, friends, and relatives, exchange ideas, share pictures and communicate effectively with them. Social media like YouTube, Instagram offer creative outlet for art, music, writing, educational content and personal stories. Nowadays most of the college students are influencer, vlogger and youtuber. With the help of

these social media platform, they are earning money and living their life independently. Some of they are entrepreneur and also promoting their business through Facebook, YouTube and Instagram. It helps teenagers to develop digital skill and build online identities and portfolios. In the digital era, social media has become vital part of teenagers' lives. It assists young children to share their talent with a global audience. It also aids to raise awareness of global issues and encourages activism. At the same time social media has negative impact on teenagers. Heavy uses of social media can lead to increase level of anxiety, depression and loneliness. Social media comparisons (seeing others lives perfect) can also harm self-esteem and increase feelings of inadequacy. There are many young students who also faces cyberbullying and online harassment. Excessive screen time of young children may also lead to poor sleep, lack of exercise and distraction from academic responsibilities and extra-curricular activities. 95% of teens are using internet and 90% of them are using social media on a daily basis. 59% of teens have experienced some form of cyberbullying (Pew Research).

RATIONALITY OF THE PRESENT STUDY

Young Children are in a significant stage of brain development, especially in areas responsible for regulation of emotion, formation of identity, social reasoning etc. when teens receive any likes comments, or followers for their work their brains release dopamine chemical linked to pleasure and reward. Through social media teens are encourages 24/7 to share their life events, parties, trends and relationships. Many teens use phones in late night which may lead to melatonin production due to blue light exposure. This shows:

- Poor sleep quality
- Daytime fatigue
- Mood swings
- Irritability
- Poor academic performance

➤ Disrupts concentration
 Therefore, we can say that social media has a logical and scientific comprehensible effect on teenagers because it harmonizes with their emotional, neurological and social weaknesses. It's not just a modern trend but also it interacts with human psychology at a deep level, especially during the transformative teenage years. Social media influence and affects teenagers not just by chance but by design.

II. REVIEW OF LITERATURE

Ahmad et al, (2018) observed from the study that social media is a fast-growing platform for children/ younger people to communicate, express themselves and share content of all types. Social media and smart phones have become a part of our lives. Social media affects children differently, depending on their personalities, their gender, the nature of their home and social environments.

Kobiruzzaman et al, (2018) studied that technology has changed our life styles in a positive and negative way. The study has done on the basis of secondary data. Social media is one of the leading blessings of the technology that facilitates knowledge sharing among human beings.

Wang (2023) observed from the study that the rapid development of internet technology has brought a brand-new experience to people's lives, entertainment, work and study. Social media have positive and negative impact on adolescents and society as a whole. Free speech can also lead to cyberbullying, which can have negative impact on adolescents' sense of self and emotional experience.

Achmad et al, (2023) studied that learning activities can be disrupted due to students' dependence on social media because more time is used to access social media than studying and to support the lifestyles of teenagers in general. He has used survey with simple random sampling techniques in his study.

Ethan (2025) studied that social media has become an integral part of modern adolescent life. Social media has impact on physical and psychological health of adolescents. Social media also offer benefits such as social connectivity and educational resources.

OBJECTIVE OF THE STUDY

- To highlight positive and negative impact of social media on young children's mental and physical health.
- To know effect of social media on teenagers' career and lifestyles.

III. RESEARCH METHODOLOGY SAMPLE SIZE

The sample size is of 200 persons including male and female of distinct age groups and having different educational qualification and also of different occupation. The primary data is collected with the help of questionnaire. The questionnaire is sent to 250 persons, out of which 150 persons are responded. For the purpose of analysis, simple statistical techniques like averages and percentages are use.

LIMITATION OF THE STUDY

This study is only limited to the geographical areas of Deogarh city, Odisha only. Therefore, the generalizability of the findings of the study is limited to that extent. This study is confined to know positive and negative impact of social media on teenagers mental and physical health and their career.

IV. DATA ANALYSIS

Number of persons responded

1.The questionnaire is sent to 250 persons, out of which 150 persons are responded. Out of 150 people 90 were male and 60 were female.

Male/ female	No. of respondent
Male	90
female	60

2.Age wise classification of respondents on aware of social media platforms.

Age	Male	Female
10-20	25	20
20-40	35	15
40-60	20	18
Above 60	10	7
Total	90	60

According to the study, people between the ages of 20-40 years are aware of social media platforms.

3.Qualification wise classification of respondents

Education	Male	Female
Under Graduate	45	25
Graduate	20	15
Post Graduate	15	12
PHD Scholar	5	6
Senior citizen	5	2
Total	90	60

It is observed that most of the respondents are under graduate and graduate.

4. How many hours per day do you spend on social media?

Response of respondents	Male	Female
Less than 1 hour	20	5
1-2 hour	20	15
3-4 hour	30	30
5+ hour	20	10
Total	90	60

it is observed that 33.3% of male respondents and 50% of female respondents are highly spending mostly 3-4 hours daily on social media.

5. Which social media platforms do you use most? (select up to 3)

Response of respondents	Male	Female
Instagram	20	30
Facebook	40	10
Twitter	5	3
YouTube	20	15
Snapchat	5	2
Total	90	60

It is observed that 44.4% of male respondents are using Facebook 22.2% of male are using both Instagram and YouTube. 5.55% of male are using twitter and snapchat. But 50% of female respondents are using Instagram, 16.67% Facebook, 25% YouTube, 5% twitter and 3.33% snapchat.

6. What do you mostly use social media for?

Response of respondents	Male	Female
Information and news	35	20
Sharing photos/videos	20	10
Chatting with friends	15	10
Watching content	10	10
Following celebrities/influencer	10	10
Total	90	60

7. Does social media affect your mood and grades?

Response of respondents	Male	Female
Unsure	10	5
No	30	15
Yes, positively	40	20
Yes, negatively	10	20
Total	90	60

8. Do you compare yourself to others on social media?

Response of respondents	Male	Female
Sometimes	30	30

Often	40	20
Never	10	2
Rarely	10	8
Total	90	60

9. Has social media affected your relationships with family and friends?

Response of respondents	Male	Female
Improved relationship	52	50
Harmed relationships	12	5
No impact	20	3
Not sure	6	2
Total	90	60

10. In your opinion, is social media more helpful or harmful to teenagers?

Response of respondents	Male	Female
Mostly harmful	25	10
Mostly helpful	20	30
Neutral	40	18
Not sure	5	2
Total	90	60

POSITIVE IMPACTS OF SOCIAL MEDIA ON TEENAGERS

1. LEARNING OPPORTUNITIES:

There are number of social media platform like facebook, youtube, Instagram, snapchat etc. which provides online courses, educational videos, informative pages and tutorials. With the help of these platform teenagers can learn various skills like coding, speaking skills, art etc. It helps them to improve their communication skills and social interaction. Teenagers can easily connect with friends, family, and even people from different countries.

2. ENHANCE CREATIVITY:

With the help of social media teenagers can express their creativity through videos, photography, writing, music and art. They stay updated about social issues, news, cultural events, global events. Social media platform making them more aware, informed and updated.

3. CAREER MOTIVATION AND SUPPORT:

Through social media teens discover different careers, influencers, entrepreneurs and professionals which motivate them to decide their future goals. In social media teenagers can find communities where

people share similar interests or problem which helps them feel less alone and more supported.

4. CONFIDENCE BOOST:

With the help of social media teenagers can easily share their ideas, talent, knowledge, emotions, and feelings. By sharing all these, they can get appreciation and recognition. Sharing talent and getting appreciation can improve their self-confidence and encourage self-expression.

5. IMPROVE DIGITAL SKILL:

By Using social media teenagers can improve their technical skill and knowledge like editing, content creation, designing, and script writing. It helps them to learn various new techniques like how to add text, how to delete text, how to crop text etc.

NEGATIVE IMPACTS OF SOCIAL MEDIA ON TEENAGERS

1. MENTAL HEALTH PROBLEMS:

Social media platforms can also create mental health problems like too much comparison on each other's success leads to stress, anxiety, low self-esteem and depression.

2. TIME WASTE AND ADDICTION:

Now a days teenagers are spending lots of time in social media which can affect their studies and sleep. It may also decrease their productivity. Social media can also affect teenagers' academic performance.

3. CYBER BULLYING:

Through social media now a days teenagers are facing online teasing, trolling, harassments. These can affect their confidence and emotional well-being. They may feel dis-motivated and discourages which again affect not only their physical health but also mental health.

4. NO PRIVACY:

Sometimes sharing personal information of teenagers can lead to misuse, hacking and online fraud, which again affect their personal as well as professional life.

5. UNREALISTIC EXPECTATION:

Sometimes social media shows false standard of beauty and success. People are showing their edited photos, fake life style which may create false standard of beauty and success. Social media can also weaken teenagers face to face communication skills and relationships.

V. CONCLUSION

It is observed from the study that social media has both positive and negative impact on teenagers. Teenagers are more focusing on social media platforms to earn money. They want to live their life independently and want to be recognised. Teenagers main aim is to fulfil their own dreams by earning money through social media platforms. They are using social media as tool to become famous. Previously people were using social media only for entertainment motive but now situation has changed a lot. Specially teenagers are using social media platform to express their ideas, emotions, feelings and creativity. Teenagers should be aware of trolling, criticism, online harassments. They should be brave to handle all the negative comments of social media platform.

Therefore, teenagers should use social media platforms wisely and in a moderate way so that it gives them benefit without harming their well-being. I conclude with the quote "You are stronger than you think."

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