

## THE IMPACT OF SOCIAL MEDIA ON THE LIVES OF YOUNG PEOPLE

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### Introduction

Social media is one of the most familiar and prominent topics today. The development of new technologies has changed the world completely. We have social interactions through social media. It brings both good and bad in the society. If we start to talk about it, we will talk whole day. Although we don't give cell phones in the hands of children, for growing children i.e., minors between 13 to 19 years of age, we provide without any sort of hesitation. When it comes to social media these days FACEBOOK, INSTAGRAM, MESSENGER and WHATSAPP are popular among them. It is estimated that 97% of teenagers use this social media. Adolescence is also an important stage in a child's development. So, let's see how unnecessary or excessive social media use can affect young people.

### Problems in social relationships

Constant use of social media can become a form of addiction. Young people are spending their time in reading, watching TV, eating, texting, checking statuses, and sharing via social media from the time they come home from school to bed. But in the past, young people used to go out and talk to their friends. Now that situation has completely changed and friends talk together and get angry all through online. This is a barrier to developing the social skills that young people need to cope with the future society. They don't know how to talk face to face with a stranger, how to build rapport, how to control facial expressions while speaking, body language and so on. We can block people that we don't like with one single click on social media. But young people can make mistakes when it comes to dealing with issues that come face-to-face in society.

### Insomnia

They spend their sleeping hours on FACEBOOK and INSTAGRAM keeping their mobile phones all night. They wake up in the morning and say good morning on their mobile phones. This means

that these people are actually depriving themselves of the restful sleep they need. Such lack of sleep can cause fatigue, irritability, academic disruption and even mental health problems throughout the day.



Figure 1 <https://images.app.goo.gl/W4ZKSDojB3iHjNds9>

### **Misunderstanding**

We all know that people want to proudly display what they have to society. Nowadays they show them to others through social media. Often, we experience both good and bad when we live together in a social setting. But we post only good things on social media. So, the growing children who see these are deprived of the necessary opportunity to see and learn about life's problems and difficult situations. And many of the lessons to be learned from them are withheld.

### **Jealous**

Because of the above things, there is a possibility of increasing jealousy in some people. Everyone is a fan of praise. So, when we post the good things that we have, children may get angry and jealous as if we don't have them. The reason This social media has created illusion among people. People get the misconception that only good things are in those people who want to be famous on social media.

### **Depression, anxiety and self-esteem issues**

Social relationships, lack of sleep, jealousy can all lead to mental health issues like depression in a lifetime. Also, posting pictures, videos, reels, and many things on social media is usually more important than social competition with others.

### **Educational problems**

This is a general understatement. Time devoted to education is lost when addicted to social media. And interest in education is lost. The aforementioned psychological problems such as depression impair education, memory, attention, etc. It will later disrupt the future life as well.

### **Losing the habit of socializing**

This is directly related to our first view of social relations. We said that young people can't develop face-to-face communication skills when they only communicate online. Similarly, by chatting on social networking sites, opinions vary from person to person. They are painful if met in person. Children who grow up with social media can develop conflicting thoughts.

### **Conclusion**

One of the most important lessons to be learned from society, understanding each other's feelings, is being lost with this social media. If we like, we will send like comments to the people and if we don't like, we will block the people. This is how life moves today among the youngsters.

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