



Social media and its influence on teens and adults

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Abstract

This document is research on "social media and its influence". VISION of this project is to bring light on the impact of social media in lives of youngsters as well as middle aged people. With rise of social media, thinking capacity of brain is affected. We did research on why people use social media, what age group is most active and which platform is amongst the youth. It is important to have a study to know the extent of psychological influence. This research survey is to deeply observe the topic by taking the views of people. Study according to the survey is present in the research. We came to know about average screen time of people, how much dry scrolling habit overpowered our brain. The mission is to work on vision and to spread awareness of social media and its influence.

Keywords: Social media, influence, scrolling, adolsence impact

Introduction

The human minds are very delicate thing if controlled properly it could even do a miracle or can even bring disruption and it's constantly getting distracted getting disturbed by external factors like social media, though social media promotes deceptive post messaging photograph and some social media apps even provide rewards on it which is known as "like".

We conducted a study just a to know people objectives on social media. The results which we got weren't too good because the age group of 15 to 21 is constantly giving and wasting the time on social media. In short we are letting the future generation get disturbed with one factor called social media.

In general basis social media is described like and interactive medium of application which enables people to communicate digitally and could differentiate from conventional media like television by the way that uses can both access and produce content.

The extensive usage of social media rises numerous mental health issues like anxiety of self-image eating disorders and other problems. One of the major problems that has really captured the young peoples is body dissatisfaction which is leading to suicides are younger age.

If we take an example of Instagram, firstly it's very easy to access just with a swipe on phone and a tap on the app I live in after we post somethings on it since rewards in the form of likes aur comments. And all of a sudden if a person posts something which is not lovable by the audience or his friend people won't like it people will share negative comments for it which would directly effect on that person's mind and he would start questioning himself wasn't I could enough this got to be the first step in disturbing mental health.

The happy hormone and media

The average person touches their phone around 2600 times per day, according to research, and spends an average of 7 hours a day on their screens. This screen time is often spent on social media, YouTube, or other similar platforms, and it can have a negative impact on people's work, study, and hobbies.

Social media addiction is a growing concern, and it can be compared to addictions to cigarettes, alcohol, drugs, and gambling. Our bodies follow a pattern known as the dopamine pattern, which is related to the neurotransmitter dopamine produced in the brain. Dopamine was previously thought of as a pleasure chemical, responsible for making us happy. However, dopamine is actually linked to motivation and reward, and our brains release dopamine in anticipation of participating in an activity.

An optimal level of dopamine is beneficial for our bodies, but too much or too little can be harmful. When a person takes drugs, even a small amount can give them a big kick. Similarly, social media addiction works on a similar basis, where the brain expects a reward when a notification is received or a post is liked or commented on. This release of dopamine makes us happy, and we feel an immediate sense of reward.

Social media and phones are very easy to access, and just a swipe and a tap can provide us with instant gratification. Facebook, Twitter, and Instagram are just a few examples of social media platforms that are easily accessible. However, we need to be mindful of our screen time and social media usage, as too much of it can have negative effects on our mental and physical health.

Social media has become an integral part of the lives of many young people today, and it has both positive and negative effects on their lives. Here are some of the ways social media impacts youth:

Positive impacts

Social media can be a tool for connection and socialization, allowing young people to connect with others who share their interests, regardless of physical distance.

It can also provide opportunities for learning, as there are many educational resources and online courses available through social media platforms.

Social media can also be used to raise awareness about important issues and causes, and can be a platform for activism and social change.

Negative impacts

Social media can contribute to feelings of loneliness and isolation, as young people may spend excessive amounts of time scrolling through their feeds instead of engaging in meaningful face-to-face interactions.

It can also lead to negative self-image and low self-esteem, as young people are exposed to idealized and unrealistic images of others on social media.

Cyberbullying and online harassment are also major concerns on social media, and can have serious emotional and psychological impacts on young people.

Overall, social media has the potential to both positively and negatively impact the lives of young people, and it is important for parents, educators, and other adults in their lives to help them navigate this complex and ever-evolving landscape. Encouraging healthy habits around social media use, such as limiting screen time and emphasizing the importance of in-person connections, can help mitigate some of the negative effects.

Problem statement

Adolescents' use of social media can have a significant impact on the development of mental health problems. Interactions on social media platforms are viewed as crucial aspects of community social interactions, but they also pose a significant risk for mental health issues. Social media users are often exposed to idealized self-presentations, which can lead to superficial appearances and negative effects on mental health, depending on the type of social media interaction.

A. Potential risk

Active use of social media by young people can lead to higher self-esteem, as they may seek positive feedback and affirmation. However, excessive social media use can have negative effects, and limiting usage to one or two hours per day can be helpful. Young people who primarily view and respond to posts on social media may be exposed to idealized displays and experience a decrease in self-esteem if they do not receive positive feedback on their appearance. Cyber victimization, social isolation, and online conflicts can also put young people at risk. It is essential to encourage safe and responsible social media use and limit smartphone use during sleep to avoid sleep disruption.

B. Depression and self-harm in adolescents

While research shows a link between social media use and academic discomfort among teenagers, the impact of such technology may vary between individuals and may even have a lower risk of harm, according to experimental research. Girls tend to spend more time on social media than boys, are more exposed to cyberbullying, and are more likely to experience health implications such as depressive symptoms, self-harm, and suicidal thoughts. These findings align with recent epidemiological studies that have shown a specific increase in these issues among young girls.

C. Benefits of using social media

Social media has several advantages, including providing opportunities for entertainment, artistic expression, and discovery of personality. Social interaction is one of the most commonly cited advantages, with 81% of teenagers stating that it helps them feel at home. Social media also provides resources for online social support, connecting

young people with similar peer communities. It is not just for entertainment, as it can also be used for effective communication and education. Social media platforms allow people from different parts of the world to connect and share ideas. It can also help in promoting social consciousness and compassion, and enable young people to connect with their peers and live their lives without being affected by negative influences.

We have collected data from a survey conducted on the younger generation, specifically teenagers, and below are the graphical representations of the results

The survey aimed to gather information about the habits, preferences, and opinions of teenagers regarding various topics. The graphs and charts presented provide a visual representation of the data collected, which can help us understand trends and patterns. This information can be used to improve products, services, or programs aimed at the younger generation. By having a better understanding of their needs and wants, we can tailor our offerings to meet their preferences and expectations.

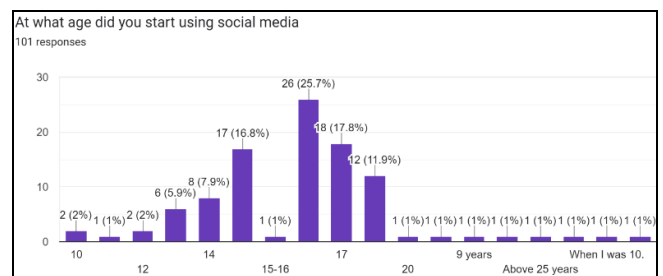


Fig 1

The bar chart above (fig 1) provides a visual representation of the ages at which various individuals began using social media. As indicated by the chart, the majority of these individuals began using social media at around the age of 15-16 years, which is also the age range with the highest frequency of usage. This suggests that social media usage tends to be most common among individuals in their mid-teens, although there is also significant usage among those who started using it at earlier or later ages. It is important to note that this data is based on self-reported ages and may not be entirely representative of the broader population.

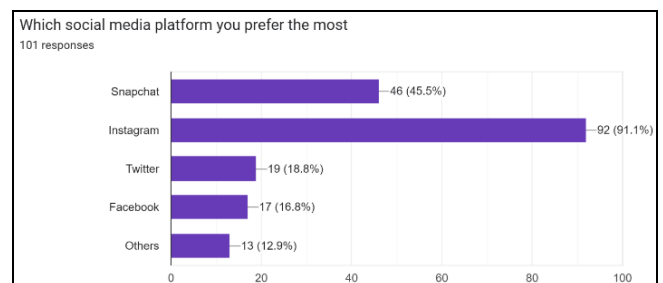


Fig 2

According to the bar chart above (fig 2), Instagram is the most popular social media application among a variety of options including Twitter, Facebook, YouTube, Snapchat, and WhatsApp. The chart clearly indicates that Instagram has a significantly higher level of usage and demand compared to the other social media applications included in the analysis. This suggests that Instagram has become an

extremely popular platform for social media users to share pictures, videos, and other content, as well as to interact with their friends and followers. It is important to note, however, that this analysis is based on the specific sample of individuals and may not be representative of broader trends in social media usage.

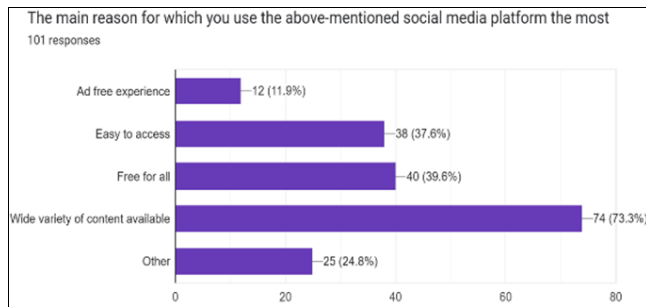


Fig 3

The bar chart (fig 3) provided gives us insights into the primary reasons why social media, specifically Instagram, is widely used among young people.

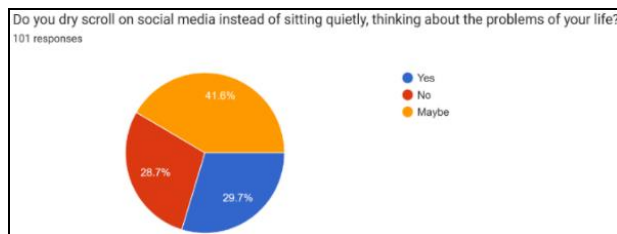


Fig 4

Conclusion

The most significant factor, as revealed by the chart, is the availability of a diverse range of content genres on Instagram. This means that users can easily find content that caters to their individual interests, preferences, and hobbies. Additionally, the chart highlights that Instagram is entirely free of charge and does not require any subscription fees, making it a highly accessible platform for users. These factors combined have contributed to the widespread usage of Instagram among young people. However, it is essential to note that the reasons for social media usage may vary among different age groups, demographics, and geographic locations.

According to the pie chart presented above, (fig 4) 41.6% of people use social media when they have free time, but do not neglect their daily activities. However, a significant portion of people engage in mindless scrolling on social media platforms and ignore their important tasks. This highlights the fact that social media can be addictive for some individuals and can interfere with their productivity and overall well-being. Establishing a healthy relationship with social media use and prioritizing essential responsibilities over virtual distractions is important.

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