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19/MHS01/069

MBBS

GST 122 COMMUNICATION IN ENGLISH

 INFLUENCE OF SOCIAL MEDIA ON YOUNG PEOPLE

 Social media is developing fast. It is used by many people all over the world, Social media is especially very popular among the young. However, there are positive and negative influence of social media on the young people. There are many young people who cannot control themselves and are addicted to social media and there are young people who uses social media for positive impact in their daily lives. There are different types of social media we have; the social networking which includes: Facebook. The micro blogging which includes: twitter. The photo sharing which includes: Instagram, snapchat, Pinterest. And lastly the video sharing which includes: YouTube, periscope. All of this are platform for communication and almost all young people have all this apps on their gadgets.

 Addiction to social media has many serious effects, including poor study habits, living away from reality and bad health. Addiction to social media makes the youth have bad grades in studies. Because of social media, many students who were excellent in their academic who got addicted to it became bad students academically. **At** some point it become an effect in one’s life to the point where it would have taken most of their time in basic studies and research but It can be stopped through self-discipline, this type of students come to class, but they do not focus on studying what they are focused on is what is trending on social media and before they know it every class will be about surfing their social media and at the end of the semester their result might not be favorable due to the fact they were distracted by their social media. Moreover, not only those at school but also at home these young students who are addicted to social media do not do exercise or read before going to school because they are busy with their social media this will later make them mentally and physically lazy. During this period of time students should take it as an advantage to study hard but due to the fact some are addicted to their social media they lose focus and misuse this opportunity which might cause them a good result. This affects the students time management because the students would manage their time no more all they think about is their social media.

 Young people who are addicted to social media can live far away from reality. Because of using a cellphone all day, they will not have time for outdoors activities such as playing sports or camping. Instead of going out to play sports in order for them to be fit or talk to their parents, these people love chatting with friends on social media they are capable of doing this for the entire day without achieving anything positive in their lives. They will just stay home and update their news on social media. Gradually they will only live in a virtual world they will take social media as the world they live in, the world in which we only communicate through icons, comments and likes. Social media has become parents to some young people any habit they see whether good or bad some young people inherit them and it will become a trait of theirs in their lifetime.

 Using of social media too much will have a serious impact on health. Because the young are addicted to social media, they will go to bed late due to the fact they were using their social media, staying up late is harmful especially to one’s health, especially the brain. If the young do not sleep enough, their health will be affected seriously by losing weight or always feeling tired. Their brains also will not work effectively and they will be in a sleepy condition. Moreover, addiction to social media can lead young ones to depression. If the young person sees other people on social media who are better than them in appearance or talent, they can feel inferior. This young people can envy the people who are more famous or intelligent than them, and they might feel ashamed of themselves which shouldn’t be. They always wonder why they cannot be excellent, talented and beautiful like others. Therefore, they will fall under pressure, stressed and depressed. This will lead to mental problem for some. **Cyber bullying** is one of the most common problem with social media, this is a form of harassment it has become increasingly common among the young, some people post rumors, threats, sexual remarks, a victim’s personal information or pejorative remarks which will affects the young victim which might also lead to depression eventually mental health, especially during this period of time cyber bulling has increased worldwide due to the lockdown of the world, people have taken social media as their priorities and some people bully people in order for them to get their source of entertainment from and this will have a great impact on the victims life.

 Social media has more to it than the negative impact but youngest people are into the negative aspect than the positive impact. Social media should be used by young people to cope with academic work because it serves as a gateway for exchanging information.it should be a platform for different sources for youth to improve their education for example, when students don’t understand a topic they have been taught they can talk to a fellow student who isn’t close to their location through social media who will briefly explain the topic to them, it can also be used to do researches about a topic given to the students. Young people should use it to develop social awareness, it raises consciousness of the hardships that people in different society face which creates political and social awareness which provides the information of how to access support in case a certain situation arises. Social media should be used by young people to improve self-confidence, where one boost or build self-confidence in themselves. Some young people can gain public speaking via their social media meaning no stage fright, they can confidently speak to a crowd without shivering. Social media should be a platform to showcase talents, there is a saying that goes: you would never know who is watching, who is going to take you to a greater place that is why young people should be careful of what they post or say on social media. Social media should be a platform where young people showcase what they are good at because someone recommendable might be watching them and might even offer them a good deal which could change their life.

 In conclusion, social media has more to it than what meets the eye so every young person who is has been influenced by social media should think of how social media has affected them both positively and negatively.