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 The Role of Social Media In the life’s of Teenagers

 In the pass decade, numerous social media have sprung up to give us different ways of connecting with people around the world and learning information. It has played positive roles as well as negative roles in the life of our teenagers today. The real question is if social media causing more harm than good. The number of youth suffering from low self esteem and social anxiety is reaching ernomous numbers everyday. How has a tool meant for enhancing life become a weapon for destroying life?

 As the world continues to technologically advance, social media and the internet have become easy to access. Sadly, our teenagers have taken on the use of social media to extents that if not monitored or restricted, it can have some very severe effects on their overall well-being. An example of a negative role of social media is the decrease in self esteem of teenagers . Recently, a documentary was aired about the way teen girls start comparing themselves with celebrities after spending time on social media and want to look slim, pretty, and rich like them. The story that struck me was the one about a 16 years old girl who was scared to leave her house because she considers herself as 'ugly' because her beauty isn’t like the celebrities on social media. It is very shocking that this behavior has been consider as normal instead of something that needs immediate correction.

 Another example is social media addiction. In a 2019 research, it is said that the average teenager and youth spend at least nine hours on social media. Uncontrolled social media usage among teens can lead to social media addiction. Most of the time, teenagers believe they are connecting to different persons using social media, but actually, they are out of the present moment and their lives. The more time teenagers spend on social media, the more they get exposed to new stories and ideas that they would want to explore. This habit eventually turns into an addiction. This addiction then leads to academic negligence, poor mental health, social and personal development.

 Teenagers have a need to fit in, to be popular and to outdo others. This process is even more challenging with the different social media applications in the mix. This has increased the pressure on teenagers to grow up to fast in the online world. Another consequence of social media is cyber bullying which is the new evil in the online world.Teengers miss use the social media platforms to write hate comments, spread rumors, share video aimed at destroying life. The teenager that fall victim to this cyber bullying end up with social anxiety, low self esteem, depression, self harm and suicide. In fact, the increase in suicide rate in world has caused by this cyber bullying.The lack of means to disable this cyber bullying accounts is also the reason the activities are rampant

 Last but not the least, teenagers are at the point of their lives where they are discovering themselves being exposed to negative influences does not make the situation better. Social media are fertile grounds for bad influencers and anonymous venoms and hunting grounds for deviants and other predators. Spending a lot of time on social media can also increases that chances of teenager to have mental problems like depression, symptoms of attention deficit hyperactivity disorder or ADHD, which causes shorter attention span, or distractibility. This practice of excessive use of social media has to be curbed.

 As much as social media has done a lot of harm , It has done some good to teenagers. Social media is used as a medium through which teenagers and youth lend the voices and opinions on the social problems plaguing our society. With the help of Instagram, twitter, snapchat and other social media teenagers around the world can stand together to fight for a worthy cause. Teens can also use social media as the stress relievers through it’s entertaining content. It gives opportunity to find more about the world from the comfort of your own home

 Social media makes it far easier to connect with long lost friends and relatives, as well as new-found friends. Also, because of the hectic pace of the modern age, it’s harder to see people in person or reach via the phone. Social media is a great alternative way to always be connected. Teenagers can create longer friendship by being in touch online where physically meeting is not available.

 In conclusion, social media is a needed tool in the life’s of teenagers. It is also step up communication environment for teens. While the world might be slow paced without social media, it still has a long way to go in turning the negative roles of social media into positive roles. It would be a marvelous advancement to achieve this goal.

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