

## Positive and Negative Impact of Social Media on Students

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### ABSTRACT

Social Media has become an integral and important part of our daily routine. It has changed our life style and total daily routine specially youngsters. Online interaction through internet called Social Media plays an important role in our lives now. Impact of Social Media on mental health such as cyber bullying and depression by Facebook by using it as a social media tool. We need professional healthcare educators to identify individuals who are in risk. Studies tells us that large proportion of adolescents teenager use internet regularly for hours. They are addictive to entertainment, gaming, education and paid services including porn sties by excessive use and addiction to social media by young people. We need to understand its effects on their lives. Effects of social media are in both manners positive and negative. Promoting their skills, in exploring career by building network is positive by educating them. On other side, it gives risk by cyber bullying with harassment through digital technologies with psychological and mental pressure. This study will reveal the both positive and negative effects of social media on our society.

**Keywords:** Social Media, Education, Teenager, Media Tools and Technologies, Smartphones

### INTRODUCTION

Use of technologies has become integral part and more common place of modern life among youngsters, students, business, industries and in all corporate and government sectors. Everyone is now dependable on new technologies of science and electronics to share information across the world. Online platforms on which individuals or society exchange information whether it's any idea, pictures, videos or written text or through any content creation.

Today it has become important to research its effects on our society. Many have emphasized the participation of social media sites in Education (Durak, 2017) instructional potential. Supplemental value. In this digital world social media as Facebook, Twitter, Instagram and YouTube are mainly used by everyone of all age and all gender equally (Kwan and Skoric, 2013). Abundantly users are young people those who are always active on these platform for their studies and entertainment. They are born in digital world with smartphones and internet

connections. They are using internet like oxygen such as without which they cannot imagine how life could be without this (Ashwini and Kavitha, 2019).

In a person's life SNS are ubiquitous Pew Research Center (2015) estimate that 65% of people in the U.S. utilize SNS. However, Social networks has changed the style of communication among family member, circle of friends and society. It has become the most reliable source to access information from different source of social media networks. The impact of social sites is taken in both manners. As on one side it gives precious instrument for development, education with professional and social interaction. On another side the negative impact of it is bad health, poor academic performance, and bad social behaviour on misuse of social media excessively or irresponsibly (Staksrud *et al.*, 2013). There have been a number of empirical research correlating between social media use and academic research while some have shown positive result in academic performance and others shows a negative correlation. With the rise of social media as a powerful tool in classrooms, offices and daily routine

life making life easier and helpful in development comes with bad effects also (Bright *et al.*, 2015).

This research paper aims to find out the different aspects of social media on students and to examine its effect on different fields *i.e.* Education, health, business and youngsters with both positive and negative effects to manage its influences accordingly.

### **Literature Review:**

This research mainly uses information gathered from students interviews and questionnaire and some existing sources like reports and previous studies. These approaches help explore how students behave and interact on social media. The literature shows that how media has both good effects on individuals and society. On the positive side it improves communication and makes information accessible. However, it can also negatively affect the mental health, privacy and relationship. The study looks at how social media impact different areas, including health, education, business and social atmosphere. It also pays special attention to how much it influences children and young people. Now-a-days generation is known as internet generation as they are living with modern technologies. As this generation is born with digital devices *i.e.* smartphones, internet computers. Which have become lifeline of today's digital world (Bingham and Connor, 2015).

### **Favourite Social Media Tools:**

As in this digital world there are many social media forums available for different objectives and Facebook, Twitter, YouTube, Instagram are the largest social medial tools preferably used by 80% on internet. These all are abundantly used but the favourite among them all is Facebook to connect with friends on someone liked to share content. Second one is Instagram and twitter equally used on internet. Millions of users are active worldwide to promote business or to share their contents. For short messages twitter is being used for micro-blogging. For sharing videos YouTube is being used in the field of education and entertainment. Millions of views and downloading videos are very much popular among students also. Many education institutes or entertainment industry is using it to promote their business. Last but not the least is Instagram used specially by influencers to upload photos and videos through short reels which is popular among youngsters. Another favourite tool of social media is WhatsApp. Which is being used widely by

everyone but it's not a social media site, but a messaging app where we share messages, text, voice notes, videos and pictures.

### **Effect of Social Media On Education of Students:**

No doubt social media has changed the whole system of education with new style learning, but it has both sides pros and cons.

#### **Good Effect on Education:**

Social media tools provided better and easier way of communication which is easily accessible for students. Both teacher and students are at ease to gain more knowledge. Students have many options and different opinions for the problems with different sources. YouTube is the best tool for education which gives their answer within no time as in old days students needs to purchase many books and go for extra classes. Now on social media each and everything is available on social sites.

#### **Bad Effects on Education:**

Social Media has made students lazy and lethargic which has decreased their learning ability leading towards poor academic performance. Students have lost classroom culture, poor communication. Excessive use of social media has distracted from their learning process. Huge time wastage on social sites and over dependency has decreased their ability to learn and to retain the knowledge.

#### **Effects on Health of Students:**

The real objective of the study is to examine the effects of these social media on the health of students as according to research by Medline Embase and Psyc Info most of the studies focused on young and teenager.

#### **Good Effect on Health:**

As social media is the main platform used by students for their studies no doubt it gives some good effect on health. But in this internet world social media provides good knowledge related to health in which everyone can learn about diseases, its symptoms, preventive measures, treatment and precaution. Online consultation with clinics even at far places are available. On internet within one click we can get every minute deep knowledge about any ailment of diseases. Nowadays health care practitioner are on social media sharing their knowledge and practices to educate common

man with updated treatments.

**Bad Effects on Health:**

Researches indicates that social media mainly affects mental health. Excessive use of social networking sites can lead towards cyber bullying or depression or anxiety specially for teenager. To share harmful, false or embarrassing information about others is the most common risk which causes anxiety and depression or social isolation and in extreme cases causes suicide.

**Effects on Social Status of Students:**

In this digital world whereas we are learning each and everything from internet and social media. So it has a big impact on overall development of our personality.

**Good Effects on Status (Social):**

When students are getting education from social media, they are learning about good health prevention from diseases. As well they are learning good communication skills, better life style, how to be a good person and maintain social status. Students, teenagers, youngster learn on social media about their grooming, well mannered behaviour supporting social issues and contributing in building good society and better nation by being a best citizen.

**Bad Effects on Status:**

Excessive use of social media by students, teenager, youngster has isolated them from society and our culture. They have become ill mannered and ethic less individuals due to poor communication with public or society. Cyber bullying, online harassment, social media addiction has reduced personal relationship. These practices has given birth to a poor citizen and bad elements of the society.

**Conclusion:**

In this fastest growing time with the use of 5G-6G services it would be difficult to reject the use of social media in our day to day life. Because it's a powerful

platform without which we cannot image our society. With several benefits in education, development, health and communication comes with some difficulties which cannot be ignored. We have to be careful with the use of social media. Lots of challenges along with responsibilities proper use of these platforms students and youngsters must be aware with the guidance of experts must keep in mind about its disadvantages. Parents must keep eyes on online activates of their children. Time limit must be set for usage. Awareness program with digital literacy should be conducted to minimize the risk of negative effect on the student and youngsters.

At last we can conclude with that social media is an important platform of digital world of this growing ear. So it is our responsibility to use it for our benefits and development with prior precaution for our betterment.

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