# Factors that are detrimental to children As a result of social media

**Romana Bano**
*Research Scholar, School Teacher in Istanbul Turkey*
*MEd from University of West Federation (UWF)   USA*
*romanabano@istanbulamericanschool.com*

## Abstract

*Using Stalnaker's context and content base theory as a reference, the purpose of this study is to investigate the potentially negative effects that exposure to social media can have on children. The focus of this paper will be on how children continue to waste their prospects by devoting an excessive number of hours in playing video games, watching movies, and watching animated cartoons. It has a negative impact not only on their health but also on their prospects for the future. This article focuses on the various types of electronic gadgets that are used for by children when interacting with social media. The purpose of this paper is to elaborate on the negative effects that the use of social media may have on young people.*

*Key words: social media, negative effects, children, development.*

## Introduction

The term "social media" refers to an approach that is both theoretical and practical, and it enables users to share and discuss their ideas with one another. The internet serves as the foundation for social media platforms and facilitates a faster connection to users. The new generation has a deep interest in social media. They are widespread across all forms of media, including computers, televisions, smart phones, and so on. They invested a significant amount of their time into it. "Social media" refers to a collection of Internet-based applications that are built on the philosophical and technological underpinnings of the Web 2.0 movement. These applications make it possible for users to create and share user-generated content. (Kaplan & Haenlein, 2010). Human actions and lives are revolving around the internet (sites. applications and web pages etc). The list of websites includes social media platforms like Facebook and Twitter, photo-sharing apps like Instagram, and gaming websites. Blogs and video sharing websites like YouTube are examples of video sites. Young people and children now have access to a platform that provides opportunities for both enjoyment and connection thanks to social media. A reliable and predominant review has shown that children are aware of and participate in social media. Similar to how a coin has both positive and negative sides, social media also has both positive and negative effects on users.

In one sense, social media can be used as a tool for education, personal development, and the enhancement of one's thoughts. In this manner, appreciation is gathered through social media, and it is carried in a constructive manner. When we look at the other side of the same coin, that is, social media, we find that it has a negative impact on the ways in which children think due to the destructive content that it shares. Concerns such as unattended cultural and social dealings as well as unethical issues come to mind. At this point in time, which is marked by development and progress, we are up against a great deal of opposition. With all of the obstacles and difficult tasks, it has been suggested that children should be instructed in the use of social media that is helpful in the learning process. According to what Elda Tartari mentioned in his work,

*"BENEFITS AND RISKS OF CHILDREN AND TEENAGERS BY MEANS OF SOCIAL MEDIA"*
In this way they will be aware with technology**.**

This study includes following questions:

1.  What is the explanation of social media and how can we express it?

2.  What are the destructive effects of social media on children which become the cause of mislaying for them?

## Literature review

Social media can be used in negative direction by children. As Barnes said in his work "A privacy paradox: Social networking in the United States". That it's a risky situation for children to be in when they're using the internet. Children communicate with one another through the internet, and they make inappropriate use of social media. They don't respect each other's right to privacy and spread their false information among themselves. Children do not delete the websites that they have visited, so it is possible to track down sites that they have visited. "Digital foot prints" refer to the sequences of sites that have been visited. These digital footprints offend their right to privacy and allow their parents to monitor what their children are doing on their various electronic devices. (Barnes, 2006)

According to Palfrey et al. (2010), one of the most significant dangers that young people face when using web-based media sites is to their digital reputation and future notoriety. This is one of the most significant risks that young people face. Pre-adolescents and adolescents who lack an adequate awareness of the need to protect themselves frequently post inappropriate messages, pictures, and recordings without realising that "what goes online stays online." As a result, unscripted and tentative clicks of the mouse could potentially adversely impact future employment opportunities as well as academic recognition. The unpredictable behaviour of Internet users, particularly children and teenagers, can make it easier for scam artists and advertisers to target those age groups.

The social media platforms provide a channel through which we can communicate with one another and locate answers to our issues. The development of children is being overshadowed by children's use of social media. Different websites, applications, and web pages make up social

media, which has rapidly become an essential component of modern life. According to what Akram and Kumar (2017) found in their study titled "A Study on Positive and Negative Effects of Social Media on Society," social media can be utilised in a constructive manner. In the same way that it is utilised in professional settings. The utilisation of social media platforms leads to improvements in both capabilities and leanings. In addition to this, there are also adverse effects brought about by social media.

According to Ito et al. (2009), involvement in various forms of online media is a normal movement that exploration has shown to yield kids and teenagers by improving correspondence, social association, and even specialised skills. This is a conclusion that can be drawn from the findings that exploration has yielded. The social media websites Facebook and MySpace, for example, provide numerous opportunities on a daily basis for communicating with friends, coworkers, and individuals who have interests that are similar to one's own. Over the course of the previous five years, there has been a substantial increase in the number of pre-adolescents and young people who utilise such websites. According to a recent survey, 22% of young people log on to their preferred online media website more than ten times every single day, and the vast majority of young people log on to at least one website that provides online media more than once every single day.

According to research published in "Children's use of online technologies in Europe: a review of the European evidence base" by lafsson, K. et al. (2014), approximately half of the children between the ages of 11 and 16 years old have been exposed to at least one of the 10 risks about which they have acquired some knowledge. The changes that occurred between 2010 and 2014 suggested that children are encountering a greater amount of both dangers and opportunities in Denmark, Italy, and Romania and less in Ireland. This was due to the fact that there was a new increase in the number of younger children and young women in certain countries.

In "Social comparison and body image in adolescence: A grounded theory approach," Krayer, Ingledew, and Iphofen (2008) argued that Festinger's (1954) theory of social comparison highlighted that individuals will in general contrast themselves with others to survey their

assessment and capabilities. Strangely, such behaviour is more typical of children and adolescents than it is of younger people and adults.

According to D. Maryline Flisi, the development of social media is progressing at a rapid pace. Protecting our children from the potentially harmful effects of this is not an easy task. Children can experience both positive and negative effects as a result of their use of social media. It is imperative that we gain an understanding of the positive and negative effects that social media has on children, as well as the steps that can be taken to protect children from the latter in the future.

Eating habits and body functions are disturbed by the use of too much time on mobiles and computers .children are adopting habit of eating while using mobiles and computers. Extended utilization of media will result in concentrated bodily movement at the same time as they are interacting with the media. Foodstuff and calorie burning up is increased by the effects of different kind of commercials connected with edibles and food items.

This is a study of how children symbolize themselves when playing participatory identifications in social media groups related with formation of educating self.

According  to the Biesta,Stephen  and Edward,it is said that Children during their growth get knowledge of social media and produce information by using mobiles and internet outside the institutions .children by their own selves involve in the social media .for this conditions according to the learning knowledge are introduced, introduced (Biesta, 2017; Stephen & Edwards, 2018).

## Methodology and Theoretical frame work

Theoretical frame work which will be utilized in this paper is Stalnaker's context and content base theory in which we will examine the hidden and exposed bad effects of social media on children. This study is qualitative in nature. A qualitative method is suitable for this article because it investigates that how social media put its bad affects on children and damage their health and young minds.

In this study negative effects of social media are highlighted that how social media is spoiling the young children minds although it gives information but it also have its bad effects as well. Many significant researches have been conducted on it.

## Analysis

### How can we make it through these social media platforms?

Nowadays, every corner of the globe is captivated by the glamour of modern civilization. People are able to communicate with one another without any difficulty because of the proliferation of social media. Internet is available to anyone who wants to use it. One click on a laptop or mobile phone is all that is needed to bridge the distance between individuals. As a result, every single technological advancement comes with both positive and negative effects. We can say that children are more likely to engage in risky behaviour if they use social media platforms unsupervised. Children are impacted emotionally as well as behaviorally (in terms of aggression). The use of internet-based media comes with a number of risks for children and teenagers, in addition to the benefits. They are putting themselves in jeopardy if they access the internet before the age at which they are permitted to do so and without the permission of their parents. The age of 13 is considered to be the threshold for unrestricted web access.

Negative consequences for the studies

When using social media, children and seniors are exposed to both positive and negative aspects of the internet at the same time. As we move forward, we will talk about the negative effects that social media, especially on children.

The disruption that it causes for the students in the classroom is the first thing that comes to mind when one believes about the ways in which social media can have a negative impact on academic endeavours. The instructor is not in a position to evaluate how attentively students are listening or attending the class. Students' lack of participation in general discussion is directly attributable to the detrimental effects of social media. Students often make the mistake of following the advice given on websites without questioning its authenticity. They end up becoming

disinterested in their academic interests as a result. They are not successful in getting high grades in their academic work.

Most of the time, children pass their time using the internet, watching television shows and cartoons, and playing video games on various forms of electronic media.

They don't put much effort into their schoolwork at all. Children pass the time while they wait for free time by finishing their homework as quickly as possible so that they can use social media. Children are particularly vulnerable to the entanglement that can result from the use of social media. Children with poor academic performance are identified in this way.

According to Karishna et al. (2009), the portable innovations that adolescents use on a daily basis, specifically cells, texting, and text informing, have just delivered various improvements in their medical care. These improvements include increased drug adherence, improved infection understanding, and fewer missed appointments.

Negative effects on health

The young minds of children are likely to be exposed to being moulded by social media. When they are younger, they are unable to think clearly enough to distinguish between things that are good and bad for them. At that point in time, nobody is aware that there is a darker side to social media. Children's mental health problems may be brought on by their heavy involvement in social media. Children are more susceptible to negative outcomes as a result of their use of social media, including mental illness, low self-esteem, depression, and cyberbullying. In their article titled "Prior juvenile diagnoses in adults with mental disorder: developmental follow-back of a prospective-longitudinal cohort," Kim-Cohen et al., (2003) argued that WHO presented a report in the year 2007. According to the findings of that report, somewhere between 10 and 20 percent of the world's children and adolescents suffer from mental health issues. At the age of 14, 50% of people will have a mental disorder, while at the age of 18, 75% will have a mental disorder. The negative effects of social media can also manifest themselves in the form of depression and anxiety. Children who spend too much time in front of the television or on their mobile phones are more likely to have poor eating habits, which in turn contribute to their lack of physical

fitness. Spending more time in front of a screen and less time engaging in physical activity can lead to decreased psychological activity. By using social media, children spend a significant amount of time watching animated television shows and movies. Additionally, children consume high-calorie meals while using social media, which has a negative impact on their overall health. It ends up being the factor responsible for the excess weight.

Negligence with regard to education and depleting of future opportunities.

Every child has an inherent requirement for an education. Without an education, it is impossible to survive in this society. The newer generation hardly ever thinks about their future because they are so preoccupied with things like using their mobile phones and watching television. They never give a second thought to the amount of time they need to devote to their studies because they are always eager to spend more time on social media, despite the fact that this has a negative impact not only on their wellbeing but also on their prospects for the future. The roles that parents play are extremely important to the development of their children. When parents do not pay attention to their children, this gives those children the freedom to do whatever they want in any given moment. Because of their addiction to social media, they will eventually reach the point where they will never listen to their parents' advice and will destroy their future. They develop an interest in a variety of cartoons and games, as well as in using Facebook, all as a result of the influence of social media.

**Loss of precious time**

 The best way to remain in touch with people, friends, and family is through the use of social media. It is both a means of providing assistance and a source of information. It is beneficial to keep up with what is going on in the world. Even though using social media can be helpful for expanding one's knowledge base, it can also be a waste of time for both children and adults. Children are more likely to become addicted to their electronic devices because of social media. Children almost always attempt to pass their time by watching cartoons or movies on their various devices connected to the internet. They are completely oblivious to the length of time they have invested in it. For some people, it is a significant route to amassing a billion dollars, while for children it is a waste of their time. Only children who are absolutely awful at managing

their time should even consider using social media. It is a complete waste of time. They continue to waste a substantial amount of their time by going to the movies and playing video games.

## Conclusion

Therefore, various forms of media accessible via the internet have brought forth several changes in the ways in which young people communicate, acquire knowledge, and think. On the other hand, children are vulnerable on social networking sites like Facebook and others. It is imperative that attention be paid to the fact that both the benefits and the risks associated with young people's use of online media have a significant impact on the way in which their bodies and minds develop over time. It is essential to raise "awareness" among parents and teachers about the potential risks faced by pre-teens and young children as a result of exposure to online media. These two organisations need to make it easier for children to communicate with one another and conduct in-depth research on the potential negative effects that using online platforms like these can have on children as well as the risks that come with using them. In spite of this, there are not many investigations into this route, and we strongly advise conducting a more in-depth investigation in Pakistan as well as in other nations.

## References

Akram, W., & Kumar, R. (2017). *A Study on Positive and Negative Effects of Social Media on Society. International Journal Of Computer Sciences And Engineering*, *5*(10), 351-354

Barnes, S. (2006). *A privacy paradox: Social networking in the United States. First Monday*. doi: 10.5210/fm.v11i9.1394.

Ito, M., Horst, H. A., Bittanti, M., Herr Stephenson, B., Lange, P. G., Pascoe, C. J., & Robinson, L. (2009). *Living and learning with new media: Summary of findings from the digital youth project* (p. 128). The MIT Press.

Kaplan, A., & Haenlein, M. (2010). *Users of the world, unite! The challenges and opportunities of social media.*

Krayer, A., Ingledew, D. K., & Iphofen, R. (2008). Social comparison and body image in adolescence: A grounded theory approach. *Health Education Research*, *23*(5), 892-903.

Kim-Cohen, J., Caspi, A., Moffitt, T. E., Harrington, H., Milne, B. J., & Poulton, R. (2003). Prior juvenile diagnoses in adults with mental disorder: developmental follow-back of a prospective-longitudinal cohort. *Archives of general psychiatry*, *60*(7), 709-717.

Krishna, S., Boren, S. A., & Balas, E. A. (2009). Healthcare via cell phones: a systematic review. *Telemedicine and e-Health*, *15*(3), 231-240.

Ólafsson, K., Livingstone, S., & Haddon, L. (2014). Children's use of online technologies in Europe: a review of the European evidence base (revised edition).

Palfrey, J. G., Gasser, U., & Boyd, D. (2010). Response to FCC notice of inquiry 09-94: Empowering parents and protecting children in an evolving media landscape. *Berkman Center Research Publication*, (2010-02), 10-19.

Siddiqui, S., & Singh, T. (2016). Social media its impact with positive and negative aspects. *International Journal of Computer Applications Technology and Research*, *5*(2), 71-75.

 Tartari, E. (2015). *BENEFITS AND RISKS OF CHILDREN AND ADOLESCENTS USING SOCIAL MEDIA.European Scientific Journal, 11*.

Wernholm, M., & Reneland-Forsman, L. (2019). Children's representation of self in social media communities. *Learning, Culture and Social Interaction*, *23*, 100346.