

## Chapter 3

# An Adverse Effect of Social, Gaming, and Entertainment Media on Overall Development of Adolescents

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### ABSTRACT

*Digital technology in general and social media in particular entail both positive as well as negative impacts on the psyche of the adolescents. The current generation of gen-z has grown up in a media-saturated world. However, it is pretty difficult to judge how media exactly influences their lives. It's commonly observed that social media platforms help saving time establishing contact with our acquaintances. The excessive use of it however leads to various negative repercussions. This may include cyber bullying, low self-esteem, gaming addiction, and less time devoted for doing physical activities. Playing indoor and outdoor games makes adolescents physically fit and mentally healthy. There are however various video games on social media gaming platforms that affect their creativity and logical thinking in an adverse manner. Negative consequences of video game addiction can lead to many problems such as severe body-ache, skin blisters, weakened eyesight, and insomnia. Long-term addiction could lead to obesity, weakness or numbness in the hands, and even blood clots.*

### INTRODUCTION

Many parents wonder how digital technology would affect adolescent's development. Various researches have, however, proved that majority of people reported social media playing a positive role in the lives of their wards. Many of them uses social media to connect with their family, friends and also for the sake of entertainment. The use social media has both negative and positive impacts on our youths and teens today. Young people spend a lot of time on social media. They're also more susceptible to peer pressure, low self-esteem and mental ill-health. A number of studies have found associations between increased

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social media use and depression, anxiety, sleep problems, eating concerns, and suicide risk. In this paper, I tried to bring your attention towards the impacts of social media specifically to the adolescence of this generation. These impacts are both positive and negative.

### **Positive Impact of Social Media**

- The social media keeps youngsters connected to their friends
- Social media keeps you abreast of important global events. Getting worldwide information, political, economic or otherwise is now just a click away.
- The social media also provides youngsters with platform to express themselves more conveniently and thereby helps increasing their self-esteem.
- These platforms also help people connect with others better. one can establish contact with like-minded strangers and thus befriend them.
- One more interesting impact of social media is that its far easier to interact with peers than talking to them in person

### **Negative Impact of Social Media**

- Social media tops the list of priority of millions of adolescents across the world. Young People love being on the social media sites and become forgetful of their responsibilities
- The social media sites at times may prove to be deceptive as they do not reveal the true side of an individual. many people portray themselves differently on these media sites. They never reveal their true colors
- Social media sites can also make young people fall prey to cyberbullying. It may lower their confidence and affect their emotional and psychological health adversely. At times, such issues may lead to depression and trigger suicidal thoughts in the minds of the adolescents.
- The social media platforms can also make the youngsters very sensitive to their looks and appearance. It may lead them to anxiety disorders.
- The youngsters are found to be getting addicted to using the social media sites to the extent that their lifestyle largely becomes sedentary. It may cause obesity and hypertension among them and thus impair both their physical as well as mental health. There is a very strong temptation in social media. It can become an addiction for the youth and teens.

Like any form of social engagement, social media too involves many risks and problems. Some of the most common risks are:

- spending too much time online and being disconnected from the real world
- being the victim of online bullying
- damaging your online reputation
- having your personal information shared online
- being harassed or annoyed by someone you do not want attention from
- being the victim of an online scam
- Having reduced self-esteem

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