Social Media's Effects on Students' life and Their Academics

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This paper discusses the effects of social media on students' academic achievements and their lives. It highlights the fact that social media has become an integral part of students' lives, providing them with access to information, collaboration opportunities, and academic support. However, the paper also highlights the negative effects of social media, including distractions that can lead to poor time management skills and procrastination, reduced attention spans, and difficulty meeting academic deadlines. Additionally, social media can lead to cyberbullying, a distorted sense of reality, addiction, and a chain effect leading to risk-taking behaviors. The paper emphasizes the importance of students being aware of these negative effects and managing their social media use to achieve academic excellence.

■ THE INTRODUCTION

Social networking sites enable people worldwide to connect to the outside world without limits and restrictions. The endless sources of information feed the daily life of people who use these platforms. Without a doubt, the flow of an infinite amount of information limits students in the way of academic achievements, social life, and economic independence. According to the Datareportal.com questionnaire done in Q3 2021, Instagram, WhatsApp, and Facebook are the top three favorite websites for people from sixteen to twenty-four. These websites hold leading positions on the ranking with 1,478, 2,000, and 2,910 million monthly active users. The amount of time spent on social media daily is approximately 2 hours and 6 minutes in North America. In the conducted research questionnaire, out of 300 students, 57.7 percent answered "Yes" to "Do you consider yourself addicted to social media?"

SOCIAL NETWORKING SITES

Social networking sites have become one of essential parts of human life. Despite many potential benefits, most people will get into the trap of social networking sites. The early stages of getting familiar with these sites make the younger generation more addicted to them. It would be correct to note that using social networking sites creates a habit of visiting them daily. These daily repetitions distract people of any age range from doing their work. Like any other age category, students in school and colleges encounter these distractions, damaging their long-term academic goals.

Additionally, social media has become part of students' lives, providing an unprecedented level of connectivity and access to information. Social media platforms such as Facebook, Instagram, Twitter, and YouTube offer numerous benefits for students, including opportunities for networking, collaboration, and academic support (Junco, 2012). Research has shown that social media can enhance students' learning experiences by providing access to a broad range of educational resources and facilitating communication with peers and instructors (Kirschner & Karpinski, 2010).

These networking sites have become an important aspect of students' lives, providing access to information, opportunities for collaboration, and a platform for self-expression. While there are potential risks associated with social media use, the benefits outweigh the negative effects. As society continues to become increasingly reliant on technology for communication and information sharing, the importance of social media platforms in students' lives is likely to continue to grow.

NEGATIVE EFFECTS

Good choice of everything in our life benefits us. Social networking sites could be categorized in this type too. Internet and sites accessible with its help give students a tremendous advantage in achieving academic excellence. Unfortunately, human brains tend to get distracted quickly and avoid tasks assigned to them. One of the most significant negative effects of social media on students is its potential to distract them from their studies. Studies have shown that students who spend a significant amount of time on social media platforms are more likely to experience academic problems, including lower grades, reduced attention spans, and difficulty concentrating (Rosen et al., 2013). This distraction can lead to poor time management skills, procrastination, and difficulty meeting academic deadlines. Social networking sites bring more damage to students than benefit them. Applications such as Instagram, Snapchat, and TikTok are trendy among youth and adults aged 15 to 29. Snapchat's "streak" feature keeps its users connected even if they do not want to feel like doing it. Users keep their streaks for years as a symbol of being connected. This feature does not let students stay focused on their work. TikTok's average daily usage is approximately 40 minutes, according to eMarketer.com. The vast majority of young people spend their valuable time on this platform. While writing a paper or doing mathematical equations, attention is essential to keep track. It plays a valuable role in our work to evaluate productive and good quality results. According to research done by Gloria Mark, it takes 23 minutes and 15 seconds to come back to the working environment from distraction. If to spend 5 minutes on TikTok, that would equal spending 28 minutes, and ideas in mind would be corrupted by that short amount of time.

Another negative effect of social media on students is the potential for cyberbullying. Cyberbullying is the use of technology to harass, intimidate, or bully individuals online. Social media platforms can be a breeding ground for cyberbullying, with students using these platforms to spread rumors, make derogatory comments, and engage in other forms of online harassment. Cyberbullying can have a severe impact on student's mental health and well-being, leading to depression, anxiety, and social isolation (Kowalski et al., 2014). In addition to distraction and cyberbullying, social media can also have other negative consequences on students' lives. For example, social media can lead to a distorted sense of reality, with students comparing themselves to others and feeling inadequate or inferior. Social media can also be addictive, leading students to spend more time online than they would like, leading to neglecting other important aspects of their lives such as sleep, exercise, and face-to-face interactions. When teenagers see negative behavior, they will most likely try to adopt that behavior, which leads to bullying in schools. The chain effect followed by this event ruins the academic life of all students affected by that event. James McCue's article "A parent's guide to why teens make bad decisions." mentions that teenagers, mostly less psychologically mature, will engage in risk-taking activities.

While social media can have several benefits for students, it also has its negative effects. These include distraction, cyberbullying, and other negative consequences such as a distorted sense of reality and addiction. It is essential for students to be aware of these negative effects and to use social media responsibly, balancing their use of social media with their academic and personal goals.

POSITIVE IMPACTS

Social media has become an integral part of students' lives in recent years, providing access to a wide range of information, opportunities for collaboration, and a platform for self-expression. Despite concerns about the negative effects of social media, there is a growing body of research suggesting that social media can have positive effects on students' academic and social experiences. In this paper, we will explore the ways in which students can benefit from social media and why it is a critical component of students' lives. Social media provides students with access to information, resources, and people that they may not have had otherwise. Students can use social media to find and join academic groups and forums, communicate with peers and instructors, and access online resources and study materials. Social media also allows students to showcase their skills and talents, connect with like-minded individuals, and build a professional network.

One of the most significant benefits of social media for students is its potential to enhance academic performance. Studies have shown that students who use social media as a tool for collaboration and communication have better academic outcomes than those who do not (Kirschner & Karpinski, 2010). Social media can also provide a platform for students to receive academic support from peers and instructors, particularly in online learning environments.

In addition to academic benefits, social media can also have other positive effects on students' mental health and well-being. Social media can provide a sense of community and belonging, which can be particularly valuable for students who feel isolated or disconnected from their peers (Pantic et al., 2014). Social media can also be used as a tool for self-expression and creativity,

allowing students to share their thoughts and ideas with a broader audience.

The importance of social media in students' lives is due to its ability to facilitate communication, collaboration, and information sharing. Social media has become the primary method of communication for many students, allowing them to stay in touch with friends and family members, collaborate on projects, and share information quickly and easily. Social media has also become a critical component of many students' social lives, providing a platform for socialization, entertainment, and self-expression. Moreover, social media is a reflection of the larger cultural shift towards a more digitally connected society. As technology continues to advance, social media will likely become even more important in students' lives, providing access to new opportunities and resources that were previously unavailable.

Social media has become an essential part of students' lives, providing access to information, opportunities for collaboration, and a platform for self-expression. While there are potential risks associated with social media use, the benefits outweigh the negative effects. As society continues to become increasingly reliant on technology for communication and information sharing, the importance of social media platforms in students' lives is likely to continue to grow.

THE EFFECTS OF SOCIAL MEDIA ON THE MENTAL HEALTH OF STUDENTS

Social media has become an integral part of modern society, with millions of people using various platforms to communicate, connect, and share information. While social media has many benefits, it can also have negative effects on individuals' mental health, psychology, and emotions. This paper will explore the ways in which social media can impact mental health and well-being, particularly in students, and how this relates to psychology and emotions. Studies have shown that excessive use of social media can lead to negative mental health outcomes, including depression, anxiety, and loneliness. For example, a study by Hunt et al. (2018) found that young adults who spent more time on social media were more likely to report higher levels of depression and anxiety. Similarly, a study by Tandoc et al. (2015) found that social media use was positively associated with feelings of loneliness and social isolation.

The impact of social media on psychology has also been studied, with researchers exploring the ways in which social media use can affect individuals' self-esteem and body image. For example, a study by Fardouly et al. (2018) found that exposure to images of "perfect" bodies on social media led to increased body dissatisfaction and negative affect in young women. Similarly, a study by Vogel et al. (2014) found that social media use was associated with increased appearance-focused social comparisons and decreased self-esteem.

The use of social media can also impact individuals' emotions, with research indicating that exposure to negative content on social media can lead to feelings of anger, sadness, and stress. For example, a study by Liu and Frazer (2018) found that exposure to negative news on social media led to increased levels of stress and anxiety. Similarly, a study by Wang et al. (2018) found that exposure to negative social media posts was associated with increased negative affect and decreased positive affect.

Social media can have significant effects on individuals' mental health, psychology, and emotions. Students, in particular, may be at greater risk of negative outcomes due to their increased use of social media. It is essential for individuals to be aware of the potential negative effects of social media and to use these platforms responsibly, balancing their use with other important aspects of their lives.

CONCLUSION

Networking, teamwork, and academic support are a few advantages of social media for students. By giving them access to a variety of educational resources and encouraging communication with classmates and teachers, social media can improve students' learning experiences. Social media use, however, carries several potential hazards that might be harmful to students. The potential for social media to divert students from their studies is one of the most important detrimental effects on them. Research have found that students who spend a large amount of time on social media platforms are more likely to face academic problems, including worse grades, shorter attention spans, and difficulty concentrating. This distraction can lead to poor time management skills, procrastination, and difficulties reaching academic deadlines.

As we start seeing the impacts of a new era of social life, we will experience adverse effects caused by it as a whole humanity. Social networking sites use a curtain of advertisement while hiding their negative impact for the future. Companies use their gains to be able to manipulate more human data to make them more dependent on their platforms. While it is very accurate that social networking sites provide a promising future for academics, it is crucial to mention that with human psychology, it is hard to follow the academic pathway with the limitless amount of distractions caused by them. Therefore, it is crucial for students to use social media responsibly, balancing its use with their academic and personal lives.

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