

Social while trying to
concentrate on their
work.



Social Media has a Negative Impact on College Students EverydayMarketel (Rodney) RobinsonYork College/CUNY IntroductionIt's no joke when people say social media is the root of all evil, there's not a time when my fellow colleagues and not on their phones scrolling through Instagram, using their laptops or watching television. There are nights where students lose precious sleep, because they are watching funny videos on their phones.

And as a college student sleep is valuable. Later, the thought that we could've been doing something way more productive always comes back, and then that's when everything comes into realization that social media takes up more time than we think, and it's just shows how easy it is to fall into the trap of media consumption. Therefore, through research experts prove and say social media effects college students in a negative way. Social Media Causes ProcrastinationSocial media causes procrastination, and it is a drug that every college student takes a dose of everyday. It's in the classrooms, playgrounds, lecture halls and even in the dentist office. Social media is everywhere, and it almost seems as if there is no escape to it. There are times when every student just wants to focus and get their school work done, and we all reach the point where we take a break.

You look through my phone on Instagram, snapchat and 5 minutes pass by. The next thing you know that 5 minutes turns into 30 minutes, and then maybe even an hour. Social media creates ways to lose focus and scientifically put things on your timeline to peak your interest into something else. Social Media Causes Distraction The majority of students have their phones and other devices on them while trying to concentrate on their work. It has been said that being indulged in social media, isn't the best way

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to use your valuable time while there's no productivity gained from the lost time. College students should not let social media take up all of their time. Higher grades prove how much time a student put into their studies to increase their academic performance.

The grades of those who are on social media more always seem to reflect worse grades. All students use the internet to study for test, midterms and finals to study. However, while searching, it's not hard to get lost, and find yourself on a social media website via advertisements and such.

Students just seem to forget what they're looking for and distraction sets in so easily. Time flies by so quick when in the leu of being on whatever app of your preference. That time wasted causes students to not deliver their work in the specified time frame at times.

Those who get distracted while studying end up showing a reduction of their full focus to complete their assignment. Distraction allows negative outputs in a student's academic performance. Social Media and Bad Habits Getting too involved in social media can lead to an addiction that creates bad habits. Most of my friends prefer to speak in the group chats, and spend a majority of their time on facetime. And that's time where we could be studying, finishing an essay or learning something new to enhance their future careers. Which as crazy as it seems I understand why, it just feels good. In brief, although social media use is practically a necessity for college students, students must keep in mind of the amount of time they spend on social media. Not saying stop using social media all together but find a way to balance the two.

In order to make yourself happy and keep your grades high. Negative Impact has been found through research on social network and student academic performance. There were multiple studies that reported social media and the amount of time to student spent on their preferred website or app drastically showed how their grades suffered due to the amount of time. There was a negative relationship between Facebook and academic performance which led to a significant decrease in grades due to social media use.

Motivation to complete an assignment significantly decreases due to the accessibility to social sites. Students tend to rely on the virtual way to learn rather than reaching out, and asking someone in the real world for help.

Social Media Causes Health Problems The utilization of computers, cell phones, and other devices to access online websites by students may make the experience less productive if the person uses it for long hours too frequently.

Students are more than likely to be exposed to and show signs of bad posture, eye strain, physical and mental anxiety. The excessive use of social media affects both physical and mental health. It's rare that a college student can find time to eat nor find time for a proper sleeping pattern. Which sends many students running to popular coffee shops in order for the caffeine to keep them awake. The caffeine does keep the student alert and active enough to focus, however the excessive amount negatively effects their health an excessive amount of the use of up and coming high end educational technology to access social media for students may do more harm than help, which is why there must be a limit.

Technological Advances Needs Advisory It would be a better idea for those who are interested in the future technological advances for education to ensure they coordinate the use of social media platforms by setting up a policy that can help to regulate the negative effects aspect of social media consumption. However, to help aid in the learning process students should also be ready to listen and receive the information taught in class. The pursuit for academic excellence should be evident in every student mind even though other things do peak our interest far more than studies. Social media sites increased rapidly in popularity in the last decade. Which, is probably due to the access of databases from college and universities who get global access.

Many social networking sites such as Snapchat and Instagram have become a necessity in a student's lifestyle. The applications are designed to keep users locked in a spend more time on the application to push advertisements and in game purchases. The negative effects of these social networking sites seem to outweigh the positive effects.

These sites believe it or not have caused possible harm to society. Students have become victims to the mind manipulating effects of social media.

While in search of course material, it is easy for our attention to be diverted to other sites to kill the boredom that comes along with study time, which takes away attention from work. . Social Media Causes Social Problems

Many problems in the social aspect of life has come up due to the use of social media. Life currently consist of students who prefer to speak online than real life conversations on applications such as tinder. It is easier for people to hide behind their computers and type rather than to physically

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meet someone. That is one of the leading reasons why some people become an introvert.

Less time is spent socializing with others in person due to the easy access to social media sites. There seems to be a lack in communication skills, and it shows when some students aren't able to communicate and express their thoughts in person efficiently. Skills like basic communication and knowing how to communicate is essential when looking for a job and for operating in the real world. Slang words or abbreviated forms of words on social networking sites are common ways students communicate. Especially with the availability of the grammar and spell check features it is easy for a student to not worry about the spelling of a word. Reducing their grasp over how to speak the language and advance their creative writing skills efficiently. The saturation of all the applications that are currently here and upcoming creates negative effects on the physical and mental health.

Students have become more sleep deprived and it makes them feel tired and not motivated at all to create contact with people in person. It is encouraged that students keep in mind of their use on social media. That should allow the student to be able to judge themselves as to whether it is an appropriate time or not. The awareness of the negative effects that social media is not publicized much. But as a reminder it would be a good idea to let students know that something more productive can be taken in its place. We as students don't tend to realize that we are losing out on real world experience because we choose to be on social websites.

Research on Academic Proficiency There was a study conducted by researchers at The Miriam Hospital's Centers for Behavioral and Preventive Medicine. Through their research they found that there was a connection between social media use and poor academic performance. The study was according to the use of applications like Facebook and Twitter as well as texting. The research showed that the women who were Freshman spent up to 12 hours a day using some form of social media. The most negatively associated activities that were performed was using Social networks, watching movies and Television. Those activities we more closely related to negative academic performance among the study participants. The lead author of the study, Jennifer Walsh, published in the journal Emerging Adulthood. She wrote that students using social media that stay on for longer periods of time had " fewer academic behaviors, such as finishing homework, and being present for class.

Had lower academic understanding and had more issues affecting their school work, such as sleep deprivation and drug use." Students are starting to rely more on the information easily available on the various social networking sites and the web platform. In which reducing their learning and research capabilities that should be performed through reliable databases.

According to a 2011 study by CourseSmart, a leading eTextbook company based in California their research showed that nearly four in 10 college students said they could not go 10 minutes without checking their cell phones, " about the same amount of time it takes to walk to class,". A majority of the 500 college students the company surveyed, about 98 percent said they own a digital device, and many said the technology added

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even more time to their busy schedules. 85 percent of respondents claimed their devices saved time while studying on average of two hours a day.

Kate Carroll, a junior history major at the University of Maryland, College Park, said she checks her smartphone “ nonstop,” inside and outside of class.

Carroll, 33 said “ The phone never leaves my side, wherever I am,”.

She has connected with online friends since the mid-1990s, when she frequented web-based bulletin board systems. “ Even if I’m at home watching TV, I’ll have the phone in my hand, and at the very least, I recheck Facebook during every commercial. I’ll also check it at every red light while I’m driving, and every stop sign if there isn’t anyone behind me.”