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Gupta1Himanshu GuptaProfessor Hazel Cooper-WattsENGL-102-10115 Jan 2018Socialmedia vs YoungstersHave you ever as aresponsible parent thought about what an innocent device like smartphone can doto your beloved child? What are the effects on his/her mind due to using thissublime technology for prolonged period of time. A research described by CNNshows that a child from 8 to 18 age group spends on an average of 8 hours dailyon social media.

It is hard to believe that this number is even greater than averagesleep time of a child as per the same research. This horrendously large numberillustrates how those giant tech companies troll their multi-tasking andeducation purpose features into a child’s mind. Parents should save theirchildren’s young mind from extensive use of social media by using solutionssuch as limiting use of social media by setting up timer, use a schedule tomeet people online, use lists and filters to surf quickly to relevant information, and cull your network limited to mutual friends only. A lot of reveredresearches are accurately done to showcase negative effects of social media onyoungsters.

To start with, research “ How Facebook and social media affects the minds of generation next” by Jordan K. Turgeon is posted on Huffpost. This research associates socialmedia addiction especially Facebook with psychologicaldisorders. This research has taken data from recent research conducted by LarryD. Rosen, Ph. D., psychology professor at California State University.

Accordingto Rosen, social media is a part of life for teens, but he also said, “ frequentFacebook users among teens Gupta2tends to have lower grades.” Forparents, they should have held their responsibility towards young anddeveloping minds. This research proves that parents should limit the use ofsocial media in their children’s lifestyle, also they should teach them about” How to use technology in a productive way” starting from an early age. In addition, theresearch “ Adverse effects of online social networking on children andadolescents” by Dr. Chhitij Srivastava and Dr. Anupam Bhardwaj is comprehensivestudy of effects of social media on children. At first, this research statesthat there are 1.

23 billion users alone of Facebook as per Facebook’s December2013 statistics. Now a day, social media plays an important role in our life. With the habit of using social media for prolonged hours daily, it hasdemolished knowledge gained by individual experiences, inter-personal interactionsand the young person’s ability to process information. Adolescence is an ageperiod in which an individual builds his/her own personality in real sociallife not on virtual social life. According to Dr. Chhitij Srivastava, “ most ofthe young users become so isolated in social networking that they start livingin a misperception of being cool until this aggressive behavior losses itscontrol.

” There is also another side of social media which prominently a bigproblem in countries like India and China called as Cyber bullying. There isexponential increase of suicides due to cyber bullying. That not enough, sexualexploitation through social media is very common these days. Parents shouldsupervise their children’s internet activities. Schools also make a movetowards educating teenagers about cyber hazards. Moreover, spendingmore time on social networking websites cause mental illness like depressionand ADHD. Young teenagers usually wrongly interpret this means of social mediawhich leads to irreversible disasters. All these prevalent traits of socialmedia like cyber bullying, misconstrued virtual lifestyle, and psychologicaldisorders should compel parents to set schedule for their children, to Gupta3mute social media to mutualfriends, and to teach children how to use social media productively foreducational purposes.

As a matter offact, research posted in The New York Times “ an ugly toll of technology: impatience and forgetfulness” by Tara Parker-Pope provides us with experimentaldata about social media addiction. This research is adversary to social mediaaddiction. It states that people deeply into virtual life paying a price in termsof their cognitive life. According to Dr. Elias Aboujaoude, director of theImpulse Control Disorders Clinic at Stanford, “ this ludicrous lifestyle hastransformed one into more impatient, forgetful, impulsive, and morenarcissistic.

” Just like iron sharpens iron, parents should use websites likeNetAddiction. com to measure their children’s addiction towards socialnetworking websites. In the journal cyberpsychology, Behavior and Socialnetworking researchers from the University of Melbourne in Australia find thatabout 5 percent of students out of 173 college students has online gamblingproblems and about 10 percent college students are mentally disturbed due tooverexploited virtual life.  Aboujaoudepinned, “ most of teenagers don’t go out to lay down new experiences andmemories due to which their brains get isolated towards just bunch ofirrelevant issues like where are other people going for vacations, what is mysocial image among others, how can I show myself more opulent on socialwebsites etc.” Furthermore, accordingto Dr. Kimberly Young, a professor at St. Bonaventure University in New York, social media addiction even also leads to food disorder among teens.

In aresearch conducted by the International Center for Media and the Public Agendaat the University of Maryland, 200 students asked to cut themselves from anykind of virtual life for a day. Results of this study are shocking as it showsthat without virtual connections, students find their life logisticallydifficult. From this study, students change their ability to connect withothers with the support of their parents. Gupta4Overall, above researchesshowed us negative effects of social media, and how parents can solve thisaddiction in our youngsters. It is right said by Amy Jo Martin that Just as weteach our children how to ride a bike, we need to teach them how to navigatesocial media and make the right moves that will help them. The physical worldis similar to the virtual world in many cases. It’s about being aware.

We canprevent many debacles if we’re educated.              Gupta 5Work CitedTurgeon, Jordan K. “ How Facebook And Social Media Affect the Minds of GenerationNext.” The Huffington Post. TheHuffingtonPost. com, 09 Aug. 2011. Web.

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