

Gupta university. according to rosen, social media

Environment



**ASSIGN
BUSTER**

Gupta1Himanshu GuptaProfessor Hazel Cooper-WattsENGL-102-10115 Jan

2018Socialmedia vs YoungstersHave you ever as a responsible parent

thought about what an innocent device like smartphone can do to your

beloved child? What are the effects on his/her mind due to using this sublime

technology for prolonged period of time. A research described by CNN shows

that a child from 8 to 18 age group spends on an average of 8 hours daily on

social media.

It is hard to believe that this number is even greater than average sleep time

of a child as per the same research. This horrendously large

number illustrates how those giant tech companies troll their multi-tasking

and education purpose features into a child's mind. Parents should save

their children's young mind from extensive use of social media by using

solutions such as limiting use of social media by setting up timer, use a

schedule to meet people online, use lists and filters to surf quickly to relevant

information, and cull your network limited to mutual friends only. A lot of

researches are accurately done to showcase negative effects of

social media on youngsters.

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 social media addiction especially Facebook with

psychological disorders. This research has taken data from recent research

conducted by Larry D. Rosen, Ph. D., psychology professor at California State

University.

According to Rosen, social media is a part of life for teens, but he also said, “frequent Facebook users among teens tends to have lower grades.” For parents, they should have held their responsibility towards young and developing minds. This research proves that parents should limit the use of social 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, the research “Adverse effects of online social networking on children and adolescents” by Dr. Chhitij Srivastava and Dr. Anupam Bhardwaj is a comprehensive study of effects of social media on children. At first, this research states that there are 1.

23 billion users alone of Facebook as per Facebook’s December 2013 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 has demolished knowledge gained by individual experiences, inter-personal interactions and the young person’s ability to process information. Adolescence is an age period in which an individual builds his/her own personality in real social life not on virtual social life. According to Dr. Chhitij Srivastava, “most of the young users become so isolated in social networking that they start living in a misperception of being cool until this aggressive behavior loses its control.

” There is also another side of social media which prominently a big problem in countries like India and China called as Cyber bullying. There is an exponential increase of suicides due to cyber bullying. That not enough, sexual exploitation through social media is very common these days. Parents should supervise their children’s internet activities. Schools also make a

<https://assignbuster.com/gupta-university-according-to-rosen-social-media/>

move towards educating teenagers about cyber hazards. Moreover, spending more time on social networking websites cause mental illness like depression and ADHD. Young teenagers usually wrongly interpret this means of social media which leads to irreversible disasters. All these prevalent traits of social media like cyber bullying, misconstrued virtual lifestyle, and psychological disorders should compel parents to set schedule for their children, to mute social media to mutual friends, and to teach children how to use social media productively for educational purposes.

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

” Just like iron sharpens iron, parents should use websites like NetAddiction.com to measure their children’s addiction towards social networking websites. In the journal cyberpsychology, Behavior and Social networking researchers from the University of Melbourne in Australia find that about 5 percent of students out of 173 college students has online gambling problems and about 10 percent college students are mentally disturbed due to overexploited virtual life. Aboujaoude pinned, “most of teenagers don’t go out to lay down new experiences and memories due to which their brains get isolated towards just bunch of irrelevant issues like where are other people

<https://assignbuster.com/gupta-university-according-to-rosen-social-media/>

going for vacations, what is my social image among others, how can I show myself more opulent on social websites etc.” Furthermore, according to Dr. Kimberly Young, a professor at St. Bonaventure University in New York, social media addiction even also leads to food disorder among teens.

In a research conducted by the International Center for Media and the Public Agenda at the University of Maryland, 200 students asked to cut themselves from any kind of virtual life for a day. Results of this study are shocking as it shows that without virtual connections, students find their life logistically difficult. From this study, students change their ability to connect with others with the support of their parents. Gupta 4 Overall, above research showed us negative effects of social media, and how parents can solve this addiction in our youngsters. It is right said by Amy Jo Martin that just as we teach our children how to ride a bike, we need to teach them how to navigate social media and make the right moves that will help them. The physical world is similar to the virtual world in many cases. It’s about being aware.

We can prevent many debacles if we’re educated. Gupta 5 Work Cited Turgeon, Jordan K. “ How Facebook And Social Media Affect the Minds of Generation Next.” The Huffington Post. TheHuffingtonPost. com, 09 Aug. 2011. Web.

27 July 2017. Chhitij Srivastava, Anupam Bhardwaj. “ Adverse Effects of Online Social Networking on Children and Adolescents.” Journal of Indian Association for Child & Adolescent Mental Health, 10. 2, 2014, pp. 80-92.

<https://assignbuster.com/gupta-university-according-to-rosen-social-media/>

Academic Search Complete. Web. 27 July 2017. Parker-pope, Tara.

“ An Ugly Toll of Technology: Impatience and Forgetfulness.” The New York Times. The New York Times, 06 June 2010. Web. 27 July 2017.