Impact Of Internet And Social Networking Applications On Youth

Renu[1*], Dr. Rinkal Sharma[2]

[1*]Research Scholar, School of Education, Sharda University, Greater Noida, Email: rohillarenu82@gmail.com
[2]Associate Professor, School of Education, Sharda University, Greater, Noida, Email: rinkal.sharma@sharda.ac.in

ARTICLE INFO	ABSTRACT
	Internet and Social Networking Applications has gained popularity and growth among all generations over the last two decades to the point where many academicians and researchers are now interested in understanding more and more about these social platforms and their effects on society. As a result of technology stepping forward, people are being pushed to accept alternate lives. Even though almost everyone in society has access to at least one Internet and Social Networking Applications platform, The youth, and teenagers are the most active and passionate users of these Internet and Social Networking Applications platforms, even going so far as to socialize while in class or even at social places. Most of us nowadays rely on Internet and Social Networking Applications sites such as Facebook, Twitter, Snapchat, YouTube, and Instagram to find new friends and chat with one another. In this article, light will be thrown on the positive and negative effects of Internet and Social Networking Applications on the youth. How Internet and Social Networking Applications is affecting the life of the youth and how the youth can be saved from the negative effects of Internet and Social Networking Applications. **Keywords:** Internet and Social Networking Applications, Positive aspects of Internet and Social Networking Applications, Negative aspects of Internet and Social Networking Applications

Prologue

Humans are sociable creatures by nature. To proliferate in life, we need the amity of others, and the strength of our connections has a big impact on our mental health and happiness. Being socially connected to others can help an individual to cope with stress, worry, and depression, to boost self-esteem, bring comfort and joy, prevent loneliness, and even add years to life. Lack of good social ties, on the other side, can put at risk the mental and emotional well-being.

In this context, many experts have discovered that Internet and Social Networking Applications sites have a remarkable impact on the morality, conduct, and even education of youth in society. The impact of Internet and Social Networking Applications on today's youths is both positive and negative. There's no doubt that online and Internet and Social Networking Applications use has become increasingly important in the life of today's youth. There has been much debate related to the dangers of Internet and Social Networking Applications use since its inception. However, media literacy must be given to assist youngster in appreciating the benefits and drawbacks of Internet and Social Networking Applications while also ensuring his/her online safety.

Internet and Social Networking Applications

Internet and Social Networking Applications provides a platform that provides freedom to make friends and to connect with people all around the world. Internet and Social Networking Applications help in eliminating geographical obstacles. With the help of Internet and Social Networking Applications, we can share our thoughts, opinions, and ideas all around the world.

The positive aspects of Internet and Social Networking Applications

1. Encourages social interaction
The primary goal of social networking sites is to allow people to connect regardless of distance or other limitations. It has the potential to improve relationships. Young people can establish new acquaintances and keep old ones by communicating and sharing experiences online regularly. It bridges the gap between individuals by allowing someone in India, for example, to network and connect with someone in the United States. This helps to develop links between classmates and friends who relocated to other areas of the world for higher studies. Internet and Social Networking Applications can provide a virtual alternative to youth who fail to develop social relationships in the real world, preventing them from feeling lonely.

2. Positive effects on mental health
The use of Internet and Social Networking Applications increases the production of oxytocin, a hormone which decreases stress and enhances the emotions of happiness. Online conversations are frequently simpler and easy than in-person encounters. Naturally, if the comments are unfavorable or the number of likes is judged insufficient, it may hurt mental health. Instagram recently made the number of likes for posts accessible only to the profile owner in response to user feedback, and Facebook is expected to follow suit. This helps to address the issue of kids (and people in general) assessing their peers based on the number of likes they receive for a post or comparing themselves to others based on the number of likes.

3. Offers educational opportunities
Children can learn through watching films, looking at photos, and reading blogs, all of which have educational value. Social networking sites can also help students debate homework and assignment subjects and serve as a resource for research and fact-gathering.

4. Contributes to globalization
The emergence of Internet and Social Networking Applications has resulted in a shrinking of the planet. We are no longer constrained by physical distance or geographical boundaries. Teenagers may now communicate easily with people from all over the world and reap the benefits of exposure to different cultures and views. It also keeps them up to date on the events happening around the globe.

5. It encourages inventiveness
Many Internet and Social Networking Applications allow users to express themselves creatively. Not only can you share your work, such as photographs, films, written works, and graphics, but other users can also provide feedback and comments, which can help you grow self-esteem and confidence. Additionally, youngsters can build pages and groups on Internet and Social Networking Applications platforms based on their careers, faith, and other aspects of their lives, which leads to additional connections and chances for their specific disciplines. This may even result in the creation of new job prospects for unemployed teenagers. Adolescents report that Internet and Social Networking Applications platforms make their lives more joyful, efficient, and easier and that it has also become a way of life for them, according to multiple interviews performed regularly.

While Internet and Social Networking Applications has numerous benefits, it also has significant drawbacks. It's crucial to remember that Internet and Social Networking Applications will never be a substitute for human interaction in the real world. It takes face-to-face interaction with others to release the hormones that reduce stress and help you feel happier, healthier, and more optimistic. Spending too much time on Internet and Social Networking Applications, even though it is intended to bring people closer together, can instead make you feel lonelier and more isolated—as well as exacerbate mental health issues such as anxiety and depression.

The negative aspects of Internet and Social Networking Applications

Social networking has grown so important to today's generation that it has become a priority. They are engrossed in Internet and Social Networking Applications sites and neglect all of the important things in their lives, such as family, sports, and education. Even though Internet and Social Networking Applications sites appear to connect more people and keep them up to date, they lead to social isolation. The number of face-to-face contacts is limited because youngsters spend the majority of their time on these online social networks. According to a review of several research conducted by various scientists, social isolation can create a variety of repercussions in these youngsters, including physical, emotional, mental, and psychological disorders. This can result in depression, anxiety, and a range of other problems. It also leads to misspellings and the misuse of words and tenses due to the use of abbreviations and abbreviated versions. This has a significant detrimental influence, particularly on students, because it immediately impacts their language abilities, resulting in bad language grades.

1. The risks for the reward
The nature of Internet and Social Networking Applications is that it is self-reinforcing. It works by releasing dopamine, a "feel-good chemical" associated with enjoyable experiences like sex, food, and social engagement, into the brain's reward region. The platforms are made to be addictive, and they have been linked to anxiety, despair, and even physical illnesses.

"Consider a slot machine: if players knew they would never win money by playing the game, they would never play." The promise of a future reward motivates people to use machines. The same may be said for Internet and Social Networking Applications platforms. One cannot predict how many likes a photo will receive, who will 'like' it, or when it will receive likes. Because of the unclear conclusion and the possibility of a desired outcome, users can remain engaged with websites. People share content in the hopes of receiving favorable comments to increase their self-esteem and experience a sense of belonging in their social circles. When such content is combined with the structure of potential future rewards, you have a recipe for continuously monitoring platforms.

2. Feeling left out

Another factor that makes Internet and Social Networking Applications surfing so tempting is FOMO or the fear of missing out. When your friends and classmates use Internet and Social Networking Applications, you may worry about missing out on a message, an inside joke, or other information that connects you to your peers. On the other hand, constant checking and scrolling can harm homework and studying. Procrastination, poor knowledge retention, and increased stress levels are all possible outcomes of distraction. Reading posts from other people who are having a good time can make you feel left out, lonely, or anxious. When you have access to the entire digital world, it can be challenging to get out and make real social connections and face-to-face meetings. If possible, try to see your friends in person instead of chatting behind a screen.

3. The vulnerability of the digital age

The earlier children start using Internet and Social Networking Applications, the more impact it has on their mental health. This is especially true for women. While adolescent males are more likely to act aggressively physically, females are more likely to act aggressively in relationships by excluding others and making nasty statements. Such negative contacts occur more as a result of Internet and Social Networking Applications.

4. A feeling of inadequacy in one's life or appearance

Internet and Social Networking Applications distorts appearances and reality and offers a lens through which young people can see missed opportunities. At a time when teenagers' bodies are changing, social networks like Facebook, Instagram, and Snapchat make them more likely to be exposed to unrealistically filtered photos. Even if you're aware that the photos you see on Internet and Social Networking Applications have been manipulated, they can still make you feel insecure about your appearance or what's going on in your own life. When a filter is applied to the digital world, it can be difficult for teens to determine what's real and what's not, which comes at a physically and emotionally difficult time for them.

We are also well aware that most people only talk about the good things in their lives, rarely the bad. But you can't help but feel envious and miserable when you look at a friend's photos from their exotic beach vacation or read about their exciting new job.

5. Cyberbullying

When someone or a group of individuals use technology to bully socially, psychologically, or physically, it is called cyber bullying. If a child is being bullied online, they should seek help right away. Around 10% of students' reports being bullied on Internet and Social Networking Applications and many more have received derogatory comments. Twitter and other Internet and Social Networking Applications platforms can be hotbeds for the spread of harmful rumors, lies, and abuse that can leave emotional scars.

6. May compromise security

Unfortunately, Internet and Social Networking Applications provides a forum for predators to seduce and exploit young people. Users can create fictitious profiles, putting children at risk of conversing with strangers who could harm them. It exposes young people, such as those under the age of eighteen, to online predators who can lure them into sexual practices such as lesbianism and other types of sexual exploitation. It also exposes these teenagers to pornographic material that is shared in some online social circles. Because of this, many girls are forced to drop out of school due to early pregnancies. This can also lead to the transmission of sexually transmitted diseases such as HIV, which can lead to the premature death of our youth. The morals of these teenagers are also being manipulated as they now have access to immoral material and movies.

7. Lack of concentration

Youth productivity suffers as a result of spending long hours conversing on Internet and Social Networking Applications. This makes children less self-sufficient and dependent on their parents and family for support. Long periods spent on Internet and Social Networking Applications could be better spent doing useful tasks that allow you to earn a job or even get an education, such as using online tutorials and research resources.

Misleading information and messages are also promoted on Internet and Social Networking Applications platforms to tarnish the names of other people or other interest organizations such as political or religious organizations. As a result, clashes and animosity occur between those involved, which can lead to splits within tribes or between people of different races and tribes. It can also lead to people joining cults and Illuminati groups, which can lead to people in society being murdered, especially loved ones, as victims of these cults.

In short, Internet and Social Networking Applications has both positive and detrimental effects on our youth. Individuals must decide whether or not to use the site in the future, or whether to stop or even moderate their use. It is the responsibility of their parents to advise and educate their children on current issues such as the use of Internet and Social Networking Applications, as well as to warn them of the dangers of its misuse or

overuse. Internet and Social Networking Applications studies should be included as one of the courses in the educational curriculum so that students understand the need to be careful while using Internet and Social Networking Applications.

How to keep the youth safe?

These are some of the important steps that every parent should take to encourage the ethical use of Internet and Social Networking Applications and mitigate some of its negative effects on youth.

1. Set reasonable boundaries
Parents and Teachers should talk the teenagers about how to prevent Internet and Social Networking Applications from interfering with their activities, sleep, meals, or homework. Encourage them to follow a bedtime ritual that excludes the use of electronic media and keep cell phones and tablets out of their rooms. To set a good example, follow these rules.

2. Monitor teen's Internet and Social Networking Applications profiles
Parents should check their Internet and Social Networking Applications profiles frequently.
Teenagers should be aware that their social accounts can be checked at any time by their parents.

3. Describe what is not acceptable
Parents should encourage their children not to gossip, spread rumors, bully, or damage someone's reputation, online or offline. Discussion should be done with teens about what is appropriate and safe to post on Internet and Social Networking Applications.

4. Encourage your friends to communicate with you in person
This is especially important for teenagers who are prone to social anxiety. Encourage physical activity as well as offline activities. Encourage them to engage in physical activities and interests that require real-world interaction to keep them off Internet and Social Networking Applications. Exercise is beneficial for reducing anxiety and tension, as well as increasing self-confidence and improving mood, and can be done as a family. The fewer friends, likes or shares your child has on Internet and Social Networking Applications, the better their mood and sense of self-worth will be.

5. Teach child that Internet and Social Networking Applications does not portray people's lives accurately
They should not use Internet and Social Networking Applications to compare themselves or their lives to others. People only share what they want the rest of the world to see. The images are either edited or carefully edited

Prologue

From the above discussion, it can be concluded that we can not stop the youth from using Internet and Social Networking Applications. Internet and Social Networking Applications has both positive and negative effects on youth. The need of the hour is to check their activity on Internet and Social Networking Applications platforms and to give them education about media literacy so that they can know how to use Internet and Social Networking Applications most safely and positively.

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