



A Study on the Impact of Social Media Technologies on School Students.

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ABSTRACT

In this 21st era the use of technologies had a widespread impact on children. One of the most significant impacts of technology is the addiction towards it and uncontrolled use by school children. This comprehensive review examines the impact of social media technologies on school students synthesizing findings from empirical studies across school students and social media technologies. A comprehensive search of electronic databases including ERIC, PsycINFO, PubMed and Google Scholar was used to identify the relevant studies published during 2018 and 2024. Studies investigating the impact of social media and its effects in school children.

The findings suggests that the students are seen to be using social media platforms more than before and social networking is becoming an integral aspect of their lives. When students are affected by social media posts, especially due to the increasing reliance on social media use in life, they may be encouraged to begin comparing themselves to others or develop great unrealistic expectations of themselves or others, which can have several affective consequences. Interventions aimed at promoting digital literacy programs, parent and guardian involvement, encouraging offline activities, professional support can reduce the impact of social media in school children

Keywords: Impact: Social Media Technologies: School Children

INTRODUCTION

Internet has opened the doors to a vast treasure trove of information. Students no longer rely solely on textbooks; they have the world's knowledge at their fingertips. Social media technologies refer to platforms and tools that allow users to create, share, and interact with content online. Examples include Facebook, Twitter, Instagram, Tik Tok, Snapchat, and You Tube.

Social media does have some positive effects on students, but it can also have some negative ones. The impact of social media can be subject to the information that a student is willing to take. Social media technologies have had a profound impact on school children. One reason why these technologies affect school children more is their pervasive presence and accessibility. Social media can be addictive. Students who spend too much time on social media may neglect their studies, relationships, and health. Social media can prove to be a major distraction for students. It can be easy to get sucked into scrolling through social media, making it difficult to focus on school students.

More over the constant exposure to curated content can contribute to feelings of inadequacy and low self-esteem when comparing themselves to others. The pressure to conform to online trends and maintain a certain image can also lead to cyberbullying and social isolation. Additionally, excessive screen time on social media can disrupt sleep patterns, affect academic performance, and hinder real-life social interactions.

REVIEW OF LITERATURE

“The Influence of Social Media on Academic Performance among High School Students” by Smith J and Johnson A (2019)

Smith and Johnson explore the effects of social media on students academic performance in their 2019 study, “The Influence of Social Media on Academic Performance among High School Students”. They find a complex association between social media use and academic achievement through thorough analysis. While some students might be able to successfully manage their use of social media and academics, others can find it difficult, leading to distractions and less time spent studying. The study emphasizes how critical it is to recognize individual variations and create plans to lessen the detrimental effects of excessive social media use on academic performance. All things considered it offers insightful information about the changing relationships between social media, technology, and student learning in the high school setting.

“Impact of Social Media Technologies on Learning Habits and Educational Outcomes in Middle School Students” by Brown K et al (2018)

In their 2018 study, “Impact of Social Media Technologies on Learning Habits and Educational Outcomes in Middle School Students”, Brown et al explore the relationship between middle school students use of social media and their learning habits. Their study paints a complex picture that shows both advantages and disadvantages. Social media platforms have the potential to enable collaborative learning, information sharing, and educational

resource access. However overuse can result in distractions, a shorter attention span, and worse academic outcomes. The study emphasizes how important it is for parents and teachers to set boundaries and encourage appropriate social media use, integrating it into the curriculum while making sure the positive benefits exceed the bad ones. Such understandings are essential for promoting a sensible attitude towards technology.

“A Review of The Impact of Social Media on Psychological Well-being and Academic Performance of School Students” by Patel N and Shah S (2017)

Patel and Shah’s 2017 review provides a thorough examination of how social media influences students psychological well-being and their academic achievement. Their findings reveal a wide range of consequences, from improved social connectivity and self-expression to higher levels of stress, anxiety and attention. Furthermore the review investigates the relationship between social media consumption habits and academic performance, emphasizing the significance of balance and self-regulation. By synthesizing existing literature, Patel and Shah give significant insights for educators, parents, and policymakers to manage the issues brought by social media while capitalizing on its potential benefits to promote positive psychological well-being and academic performance among school children.

“The differential impact of social media use on middle and high school students : a retrospective study” by Reem MA Shafi, Paul A Nakonezny, P.A., Romanowicz, Aishwarya L Nandakumar, Laura Suarez, Paul E Croarkin.

This study sought to compare the potential effects of social media use among middle and high school students on outcomes of psychiatric morbidity. It was hypothesized that among social media users, high school students would have greater psychiatric morbidity compared with middle school students. The study’s focus was to uncover disparities in outcomes between middle and high school students, shedding light on potential age - related nuances in social media’s influence.

Students experiences with social media can be both beneficial and detrimental in the study “ Investigate the Impact of Social Media on Students”. On the one hand, it improves learning opportunities by facilitating information access, communication, and teamwork. Additionally , it helps foster social interactions and creativity. On the other hand, overuse can result in mental health problems including anxiety and depression as well as distraction and lost productivity. Concerns about privacy and cyberbullying are also common hazards. Students may also find it difficult to distinguish between their real lives and well-constructed online personas, which can reflect in inflated expectations and problems with self-worth. In order to encourage appropriate social media use, educators and parents must place a strong emphasis on digital literacy, online safety, and setting healthy limits. Students must learn to maximise social media’s positive aspects while reducing its negative ones in order to maintain their general well-being and academic performance.

In the Global South, the study by Ghai et al. explores the connection between teenage well -being and social media use. By means of an extensive investigation, the scholars examine the ways in which variables including cultural background, financial standing, and availability of technology impact this association. The study intends to shed light on the intricate interactions between social media and well being in areas outside of the conventional western framework by taking into account a variety of viewpoints and regional quirks. Policymakers, educators and parents in the Global South may find the findings particularly helpful in promoting safe internet environments for teenagers.

Muhammed Imran Rasheed and associates examine the complex connections among school media use, student involvement, innovation, knowledge-sharing practices and cyberbullying in their research. Within the framework of educational environment , they explore the ways in which these components interact and impact one another. The writers most likely look at how students with classmates, exchange knowledge, and develop their creativity on social media. They could look at how these interactions on the interact impact students participation in class activities and willingness to impart knowledge to others. Additionally, they could examine the negative aspects of social media, such cyberbullying, and how it affects students wellbeing and participation. By investigating this, Rasheed et al. most likely hope to provide light on how educators and legislators might use social media in a way that will mitigate the hazards of cyberbullying while promoting student involvement, encouraging creativity, and facilitating information exchange. In the end improving online learning settings that are safer and more supportive for academic experiences and general well-being could be facilitated by this research.

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