

National e-Conference

On

“The Impact of Digitization on Education and Educational Policies, Social Media, Human Behavior and Social Interaction during COVID-19”

On

14 – 15 July, 2020



Organized by

*Dr. L. D. Balkhande College of Arts and Commerce
Pauni, Dist. Bhandara*

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Social Media and Youths

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Abstract

Social media is affecting the mindset of the youth, both positively and negatively. About 60% of people in India use the internet and about 90% of them use social media in the modern age, social media has become a medium to express the thoughts of the general public. Today's youth are trying to end themselves by getting caught up in social media. Both the positive and negative aspects of today's young minds in social media are being studied here.

Key words -inferior, anxiety, podcasts, reduced, frenzy

Introduction

In modern life, social media is developing fast. It is used by many people all over the world. Social media is especially very popular among the young. However, there are many young people who cannot control themselves and are addicted to social media. Addiction to social media has many serious effects, including poor study habits, living away from reality and bad health.

First, addiction to social media makes the youth have bad grades in studies. Because of social media, many students who were excellent students have become bad students.

Every day, these students come to class, but they do not focus on studying. While their professors are teaching, they are using cellphones to surf Facebook, Instagram or chat with friends on Messenger. They always check their cellphones every five minutes to see what is going on social media. If the young use social media in classes, how can they listen to the professors and understand what professors are saying? Moreover, not only at school but also at home these young students who are addicted to social media do not do exercise or read the new lesson before going to school, because they are busy with social media. For example, Khanh, a young girl from Vietnam, is addicted to social media. In the past, she was a hard-working student. She always did all homework and prepared for new lessons, so she got A grades. However, everything has changed since she started using social media too much. In classes, instead of listening to the professor, she always posts selfies on Facebook and Instagram. At home, with the attraction of social media, she continues using her cellphone and does not study or do assignments. As a result, in the mid-term exam and final exam, she only got C and D grades. Addiction to social media cause a bad habit in studies. It can change a young person from an excellent student to a bad one.

Secondly, young people who are addicted to social media can live far away from reality. Because of using a cell phone all day, they will not have time for outdoor activities such as playing