



The Impact Of Social Media On Relationship Building And Communication Among Teenagers

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Abstract:

Teenagers' social media use has transformed their communications and relationships, presenting new opportunities and challenges. It is looking at how the interaction among teens owes to sites such as Facebook, Instagram, WhatsApp, Snapchat, etc., and laying stress on how these digital sites influence social skills, communication, and connections. Social media also delivers benefits, helping teenagers bond over distance, express themselves, and maintain friendships, even as it raises concerns about less face-to-face interaction, miscommunication, cyberbullying, and social anxiety. The quantitative methodology deployed in this study allows for gathering information from teenage respondents through surveys, investigating how differences in social media usage correlate with levels of relationship quality and depth of communication. Statistical approaches like ANOVA and T-tests assess behavioral differences. The results reveal a twofold effect: While social media encourages friendships and connectedness, it does not necessarily enhance communication skills or substitute for depth in face-to-face relationships. The limitations of digital communiqués often result in miscommunications and disagreements. Teens, this study finds, need to navigate their social media use in moderation, prioritizing digital literacy, safe online behavior, and in-person interaction. The study's findings will assist parents, teachers, and legislators in guiding teenagers toward meaningful, responsible social relations in the digital age.

Keywords: Social Media, Communication, Teenagers, Relationship-Building, Digital Literacy

I. Introduction

The rise of social media has changed the way we connect and communicate with one another, especially with adolescents. Given the nature of these platforms, there is considerable focus around how they are affecting teenage relationships and interactions. This study seeks to identify the manifold aspects of how social media affects young people's forming of relationships and their interaction with one another. Today, social networking websites and instant messaging apps are an integral part of adolescents' social lives and foster new problems of self-identification, networks, and knowledge sharing. As these digital tools provide a unique opportunity for maintaining and

expanding social circles, they can also present teens with unique challenges and even risks regarding social development and social skills. The research aims at exploring the ways in which social media shapes the formation, maintenance and quality of adolescent relationships in both virtual and physical environments. It will study how digital communication affect the ability of adolescents to create friendships and knowledge, and how the effects on face-to-face interaction and sociability. Also, the exploration of the study will discuss potential pros and for fledging providers of adolescent communication about those effects of using social platforms, particularly on mental well-being, self-esteem, and social anxiety. This dissertation hopes to contribute to the growing body of literature about how digital social interaction affects the development of adolescents by taking a closer look into the nature of social media and the relationships formed by teens. The results of this study could provide valuable information for parents, teachers, and the legislature, which will help in guiding the teenagers towards a healthy and stabilized usage of social media platforms.

II. Literature Review

Agustin, S., Hafidloh, N., Damayanti, L. P., & Abadi, T. W. (2024). This study is conducted by the authors to understand the impact of social media, particularly Instagram, on adolescent communication patterns, focusing on the shift from text-based messaging to visual content sharing and the findings of this study are that social media, especially Instagram, has reshaped communication patterns by emphasizing visual content like photos and videos, with a bibliometric analysis identifying key clusters in the research trends of adolescent communication.

Anwar, A., Salam, R., & Lahmuddin, L. (2024). This study is conducted by the authors to understand the impact of social media on psychological changes in teenagers' communication behavior and the findings of this study are that social media influences teenagers' communication behavior with both positive effects, such as increased self-confidence and expanded social networks, and negative effects, such as social anxiety, cyberbullying, and addiction.

Rakhmaniar, A. (2024). This study is conducted by the author to understand the effect of social media use on interpersonal communication skills among adolescents in Bandung City and the findings of this study are that social media use, particularly its frequency, significantly influences teenagers' interpersonal communication skills, with duration, type, and purpose of use also contributing positively.

Sousa, J. U. A. (2023). This research is conducted to describe and explore *how social media influences adolescent interactions*, and the findings of this study are *that social media significantly impacts social interactions, affecting communication with peers and family, as well as learning systems, with both associative (e.g., completing assignments, getting learning information, interacting with friends) and dissociative forms of interaction observed*.

This study explores *the multifaceted impact of social media on youth*, addressing both the positive aspects (enhanced communication, community building, educational access) and the negative consequences (mental

health issues like anxiety and depression, cyberbullying, privacy concerns). The study emphasizes *the role of parents, educational institutions, and society in guiding responsible social media use*, highlighting the need for strategies promoting responsible digital citizenship.

Zhong, L. (2023). This research aims to *describe how social media influences adolescent interactions*, focusing on communication with peers and family, as well as learning processes. The study uses qualitative methods with literature analysis and identifies *two forms of social interaction*: associative (e.g., completing assignments, gathering learning-related information, communicating with friends) and dissociative. The findings suggest that social media significantly impacts social interactions, both in personal communication and educational contexts.

This thesis aims to study the impact of media literacy on teenage romantic relationships on social media platforms and test if media literacy can alleviate issues such as relationship uncertainty, partner surveillance, and online partner aggression. The research involved surveying 398 teenagers aged 15-18 in Lebanon, assessing their media literacy levels and their ability to engage safely online. Findings revealed that media literacy is negatively associated with relationship uncertainty and online aggression, but positively associated with partner surveillance, indicating a complex dynamic in how media literacy affects online romantic behaviors.

This study aims to *test the theory of how social media affects the quality of both platonic and romantic relationships* among young adults, specifically psychology students at Clark Atlanta University. The research finds that although students express love for their partners, they often desire more from their relationships, indicating dissatisfaction. In friendships, communication is key to maintaining healthy relationships despite occasional disagreements. The study concludes that social media usage plays a significant role in both romantic and platonic relationships, and suggests future longitudinal studies to better understand its long-term impact.

This article explores how *the COVID-19 pandemic shaped adolescents' experiences with social media*, focusing on changes in usage patterns, popularity of features, and the role of social media in fostering social connections, developing identities, and providing access to resources. The study notes that many teenagers started using social media during the pandemic, and the platforms became key to managing their social and developmental needs. The article proposes exploration on the long-term affect of these shifts in social media use, especially in different populations.

This is a study of the effects of Facebook on human communication and relationships, emphasizing three areas: behavioral changes, social unity. Lots of information is discussed about how Facebook has changed the way we connect with each other, increasing the better or more positive effects, while also showing the darker or negative sides of how we have changed the ways we communicate with each other or become codependent. Balance on social media: The article emphasizes the need for balanced social media use, urging people and society to understand

Singh (2022) This research is carried out by the author to examine how social media has reshaped interpersonal communication, highlighting its role in enabling global connectivity while also addressing the challenges it poses in interpreting emotions and intentions. This study shows that social media transcends geographical boundaries, making real-time conversation and friendships possible, but also creates challenges where the online and permanent functionality of social semiosis leads to misinterpretation of emotions, misunderstandings, and conflicts.

Shcherbakova (2020) The study is designed by the author to study the features and specifics of communication in social networks among adolescents, studying the social networks VKontakte, Instagram and Twitter, as well as communication through social networks of adolescents in the daily life of adolescents. The findings of this study are that these platforms serve as vital communication channels for teenagers, contributing to their self-determination. The study also highlights the advantages and disadvantages of having social media accounts from the adolescents' perspective, emphasizing the dynamics of social network usage.

Cameron, C. A., & Mascarenas, A. (2020) The authors of this study examine the effects of digital social media on adolescents' romantic relationships—how urban teens negotiate virtual romantic experiences using online platforms. However, getting to know someone and entering and exiting a romantic relationship involve a variety of online signaling behavior that is performed in addition to offline interaction under certain conditions. Adding to these mixed feelings about asynchronous digital media, participants reflected on how it complicates the intimacy of communication by both increasing discomfort and providing comfort, emphasizing the need for support in bringing the intricacies of relational communications into a healthy reciprocal state.

Chmielewska, M., & Jędrzejko, M. Z. (201) This research aims to investigate the association between teenagers use of digital technologies (including smartphones) and their interpersonal relationships with their peers and family members. The findings of this study reveal that teenagers spend over 62% less time on personal social relations compared to their parents, with only 38 minutes of real social interaction with their parents each day. The research also highlights a preference for shallow and narrow groups of friends, reliance on borrowed contacts through social media, and significant smartphone usage in various inappropriate settings, such as toilets and during meals.

Milligan, M. (2018). This study is conducted by the author to explore the impact of social media on teenage relationships, specifically focusing on how technology affects teens' ability to form real, personal relationships and develop interpersonal communication skills. The findings of this study reveal that teens are increasingly dependent on social media for communication, which negatively impacts their ability to develop genuine relationships. Social media leads to superficial friendships, where teens prioritize online interactions over face-to-face communication, resulting in a lack of critical interpersonal skills. Additionally, the pressure to maintain an idealized online image creates anxiety, hindering authentic social connections and affecting mental health.

Tang, M. J., & Chan, E. T. (2021). This study is conducted by the authors to identify the uses and usage of online social networking, determine its impact on interpersonal communication, and examine the correlation between online social networking, interpersonal communication, and relationships. The findings of this study show that social media use can reduce interpersonal communication among spouses or partners but can simultaneously strengthen their bond. The impact of social media on communication and relationships varies based on the decade individuals were born in, highlighting the influence of generational differences on how social media affects interpersonal dynamics.

chang-Mui Joo, & Chan-Eang Teng. (2017). Impacts of social media (Facebook) on human communication and relationships: A view on behavioral change and social unity. *International Journal of Knowledge Content Development and Technology*, 7(4), 27-50.

III. Research Gap

Despite the extensive research on social media's impact on adolescent communication, several gaps remain:

- **Lack of longitudinal studies:** Most existing research is cross-sectional, making it difficult to assess long-term effects.
- **Cultural differences:** Limited studies compare how different cultural backgrounds influence social media usage and its impact on relationships.
- **Parental involvement:** Few studies explore how parental guidance moderates the effects of social media on adolescent socialization.
- **Effect of different social media platforms:** Research often generalizes findings across multiple platforms, ignoring the unique features of each platform.
- **Offline vs. online communication balance:** More studies are needed on how teenagers can integrate digital and in-person interactions effectively.

IV. Research Methodology

This research will employ a descriptive research design with a focus on quantitative analysis. The study aims to investigate the relationship between social media use and its impact on the way teenagers build relationships and communicate with others. The analysis will involve statistical techniques such as ANOVA (Analysis of Variance) and T-test to assess significant differences and relationships in the data.

Objectives:

To assess how social media usage affects the communication patterns among teenagers.

To examine quantitatively the topic

Data Collection Method:

Primary Data Source:

A questionnaire will be distributed to 100 teenage respondents (age range 13-19 years). The respondents will be selected from various schools and communities to ensure diversity. The questionnaire will include both closed and open-ended questions that explore social media usage patterns, relationship-building behaviors, and communication habits.

Sample Size:

Respondents: 100 teenagers.

Sampling Method: Simple random sampling to select participants from a pool of available teenagers in schools and social circles.

Questionnaire Structure:

Demographic Section: Age, gender, and frequency of social media usage.

Social Media Usage Patterns: Questions regarding platforms used (Facebook, Instagram, TikTok, etc.), duration of usage, frequency of communication via social media, and types of communication (text, voice, video).

Relationship Building: Questions on the quality of relationships built through social media, including the depth of communication and emotional connection.

Communication Impact: Questions related to the perceived impact of social media on face-to-face communication and offline relationship building.

Research Variables:

Independent Variable: Frequency and type of social media usage.

Dependent Variables: Quality of communication and relationship-building behaviors.

Hypotheses:

Null Hypothesis (H0):

There is no significant difference in relationship-building and communication behaviors among teenagers based on social media usage.

Alternate Hypothesis (H1):

There is a significant difference in relationship-building and communication behaviors among teenagers based on social media usage.

V. Results and Discussion

Social Media as a Tool for Connection

A substantial amount of participants said that social media helps them keep and grow their friendships. Respondents agreed that social media helped people maintain close friendships, with a mean score of 4.2. Furthermore, a mean score of 4.01 indicates that teens may communicate with peers outside of their immediate surroundings using social media, which facilitates the formation of new friendships.

Impact on Communication Skills

Social media does not always help people communicate better, even while it can help maintain friendships. The majority of respondents (mean: 2.18) disagreed with the statement that social media enhances their ability to communicate effectively. While social media facilitates frequent communication, it might not actually encourage deeper communication skills like active listening, emotional expression or conflict resolution (as cited in Miller 59).

Meaningfulness of Online vs. Face-to-Face Conversations Many respondents said they doubted that the internet discussions were serious. Respondents generally disagreed with the statement that online contacts carry more weight than face to face discussions mean score of 1.98. This brings the concern that although social media has the potential to offer a continuous connection, this may not provide the same emotional depth and authenticity as physical interactions.

The Impact of Social Media on Family Communication

Social media seemed to have little effect on family communications} Folk will not deliver families research of depression formal impact on their ability to communicate with members of this average score (2.04) This suggests that while teens are engaging heavily with their peers on the internet, their relationships with their families remains largely the same.

Misunderstandings and Conflicts Arising from Social Media The recognition of relationship misunderstandings brought on by social media use was one of the more startling discoveries. Many respondents agreed that internet communication leads to misunderstandings and disputes, with a mean score of 3.21. These misconceptions could result in needless arguments because online talks sometimes lack tone, body language, and prompt clarification.

Social Media vs. Face-to-Face Interaction Preferences

The responses to the question regarding if they favored social media over in-person encounters were ambivalent (mean: 2.89). This implies that even while teens use social media a lot, they may not prefer it to face-to-face interaction. Teenagers seek direct human connection while also appreciating digital contacts, thus this neutrality suggests a balance.

The Link Between Social Media and Loneliness

The survey, which examined whether social media use exacerbates loneliness, received a neutral answer (mean: 2.8). This suggests that although some teens may use social media to feel alone, others may have the reverse impact and utilize it as a coping mechanism. Individual usage habits and online experiences probably have a different impact.

Relationships' Depth on Social Media

With an overall average of 3.15, responses to the ability to build meaningful and deep relationships on social media were mixed. Even though social media makes communication simple, many youngsters find it difficult to build emotionally satisfying and lasting relationships online.

Statistical Significance and Key Patterns

With an exceptionally low p-value (4.43×10^{-86}), the ANOVA test verified substantial differences in responses across the several questions, suggesting that the perceived variances were not the result of chance. This implies that social media has varying effects on relationships and communication, with certain sectors benefiting while others suffer.

In conclusion

When everything is considered, the results indicate that social media is an important line of communication for teens, helping teens forge new relationships and maintain existing ones. But it does not always improve communication skills or replace meaningful personal relationships. Moreover, while social media leads to miscommunication, loneliness, and isolation for some teenagers, it aids others in staying connected.

. Scrutinization brings attention to the importance of promoting a balanced approach to social media use, promoting deep dialogues while being aware of its limitations.

VI. Conclusion

Teenagers' interactions, relationships, and communication have definitely changed as a result of social media. Both the benefits and drawbacks of this digital transformation have been examined in this study. Young people can now retain friendships, make new social connections, and express themselves in ways that were previously unthinkable thanks to platforms like Instagram, Facebook, and Snapchat. However, an over dependence on social media for communication has sparked questions about the quality of relationships, the frequency of miscommunications, and its possible effects on mental health.

According to the research, social media is a great way to connect with people, but it doesn't always improve communication abilities. Even while many teenagers like the ease of digital communication, many still think in-person interactions are more significant. This implies that although social media helps people connect across distances, it might not always improve emotional ties the way face-to-face interactions do. Misunderstandings and disputes were also noted as significant difficulties, with many respondents concurring that social media might occasionally result in misunderstandings because digital communication lacks tone and body language.

Another important finding from this study is that social media seems to have no effect on family communication. Teenagers communicate with their family members in a somewhat unaltered manner, despite the fact that they actively engage with their friends online. This implies that family ties continue to exist apart from the influence of social media, even in spite of their digital involvement.

The relationship between social media and loneliness is arguably one of the most intricate discoveries. The relationship between the two is complex, according to the responses; some teens feel isolated while others feel socially engaged through digital contacts. This demonstrates how crucial it is to comprehend user behavior and the various ways that people use social media.

In the end, this study emphasizes the value of balance. Social media should enhance in-person connections rather than take the place of them, even though it is an essential aspect of contemporary adolescent life. To guarantee that social media continues to have a good impact on young people's lives, it will be essential to promote digital literacy, encourage responsible usage, and build meaningful offline relationships. Teens may take advantage of social media while reducing its drawbacks by using digital communication with awareness, which will result in happier, healthier connections both online and off.

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