



Impact Of Social Media On Children

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ABSTRACT :-

Social media has become an integral part of modern childhood, offering both opportunities and challenges. While platforms like Instagram, YouTube, and TikTok can promote creativity, learning, and social interaction, their excessive or unsupervised use may negatively impact children's mental health, academic performance, and social development. Studies have linked high social media usage with issues such as anxiety, cyberbullying, sleep disruption, and reduced attention spans. This abstract explores the dual-edged nature of social media, emphasizing the need for parental guidance, digital literacy, and balanced screen time to ensure a positive and safe online experience for children.

I. INTRODUCTION

In today's digital age, social media has become a common part of children's daily life. Platforms like Facebook, Instagram, and YouTube allow kids to connect, learn, and share. While social media can be fun and helpful, too much use can affect their health, studies, and behavior. This topic explores how social media influences children in both good and bad ways.

social media and not using it beyond that limit. Instead of scrolling through apps, they can spend more time on hobbies like reading books, drawing, dancing, or playing outdoor games.

These activities help them stay active and creative. Children can also focus on spending more time with family and talking to real friends face-to-face. When using phones or computers, they should choose

1. How Children Can Avoid Social Media.

To avoid these problems, children should try to reduce the time they spend online. One way is by setting a fixed time each day for

Social media:-

today's digital world, social media plays an important role in everyone's life, including children. Platforms like YouTube, Instagram, Facebook, and WhatsApp are very popular among kids and teenagers. Social media has many good

sides. It helps children stay in touch with friends and family, even if they are far away. It also allows them to explore their creativity by sharing drawings, videos, photos, and ideas. Many educational pages and videos help children learn new things outside their schoolbooks. Social media can also improve their communication skills and make them feel more confident.

social media also has negative effects, especially when it is used too much or without proper guidance. Many children spend too much time on phones and forget to study, play outside, or rest. This can harm their health and reduce their focus on schoolwork. Some children may see harmful or upsetting content that is not meant for their age. Others may face online bullying, rude comments, or pressure to look or act a certain way. This can make them feel sad, angry, or lonely. Too much screen time can also lead to eye strain, headaches, and poor sleep.

To protect children from the bad effects of social media, it is important that parents and teachers guide them. Children should have limited screen time each day. They should be taught how to use social media safely and respectfully. It is also important to encourage hobbies, outdoor games, and face-to-face conversations. When children use social media in a balanced and smart way, it can be helpful and fun without harming their health or studies.

- **Set Time Limits** – Use social media only for a short time each day.
- **Focus on Hobbies** – Spend more time on hobbies like reading, drawing, or playing sports.
- **Talk to Family and Friends** – Have real conversations instead of online chats.
- **Use Phones for Learning** – Watch educational videos or use learning apps instead of social media.
- **Stay Busy** – Keep a daily routine with schoolwork, playtime, and rest.
- **Avoid Peer Pressure** – Don't use social media just because others do.

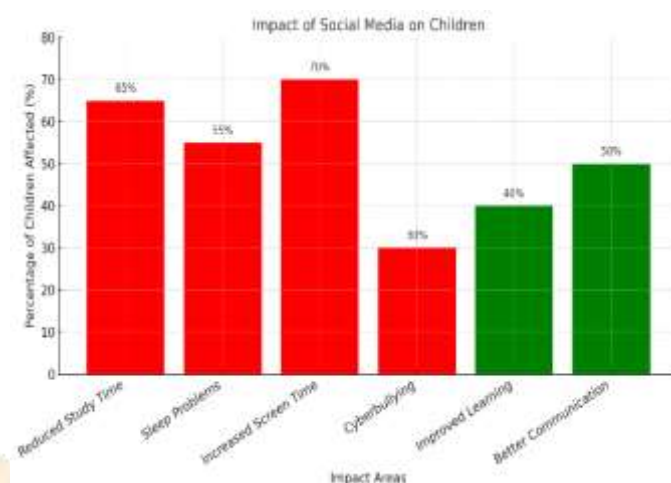
□ **X-Axis (Horizontal):** Impact Areas (label each category)

□ **Y-Axis (Vertical):** Percentage of Children (%)

□ Use bars to represent each category's percentage.

□ Use different colors for positive and negative impacts:

- ■ Red for negative effects
- ■ Green for positive effects



CONCLUSION :-

In conclusion, social media is a powerful tool that has become a big part of children's everyday lives. It offers many benefits, such as helping children stay connected with their friends and family, learning new information, and expressing their creativity.

Educational content, fun videos, and interactive activities can support their growth and knowledge. However, social media also brings many challenges. If not used properly, it can affect children's mental and physical health.

Spending too much time online can lead to problems like poor sleep, stress, low self-esteem, less interest in studies, and even exposure to harmful or unsafe content. Children may also face online bullying or feel left out when they compare their lives to others. That is why it is very important for children to use social media wisely and with proper guidance.



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