

Social Media And Device Addiction Among Teenagers

¹ Vijayalakshmi J, ² Dr. S. Kamala, ³ Dr. Chandrakala Maran

¹Assistant Professor, PSG College of Nursing, Coimbatore, Tamilnadu,

²HOD-Department of Pediatrics, Rani Meyyammai College of Nursing, Chidambaram, Tamilnadu,

³Chief Obstetrician and Gynecologist, KG Hospital, Coimbatore, Tamilnadu

Corresponding Author: Vijayalakshmi J,

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I. Introduction

Today, it is virtually impossible to live without the aid of some form of technology. This sad truth makes technology extremely difficult to escape; because work, school, and play can all involve either computers or mobile phones. The usage increases with advancement of time in regard to time spent on computer and internet activities which are the first warning sign that we are addicted to technology. Productive use of technologies has possibilities to create new innovation effortlessly whereas inappropriate use of it hinders our performance. We need to search solutions where youngster controls the technology, not controlled by technology. It's time to identify and create balance and healthier relationship between technology and its use.



II. What is social media addiction?

Social media addiction is defined as compulsive and excessive use of social media (Facebook, Twitter, WhatsApp and Instagram) even when use of those platforms is taking over our life and having a negative effect on relationships. The teen may have been an outgoing and fun-loving child, but of late whenever we see him, he is on his computer, tapping away at the keyboard. If your teen spends more time on various social media sites than he doesn't with real people in real environments, he is probably addicted to social media. It can be tricky to identify true social media addiction since teens spend a lot of time online and some of that is necessary for school and work.

III. How much is too much?



It is a growing phenomenon not only in India but worldwide. The average person spends nearly 2 hours a day using social media, which accounts to 5 years and 4 months of his/her lifetime. For teens, social media time

spent could be up to 9 hours every day. The following statistics provide a platform for better understanding of the problem:

- As of 2018, 3.1 billion people – roughly one-third of the global population use social media. Globally, the number of social media users has grown by 13% (362 million) in the past year
- It was estimated that over 210 million people suffer from internet and social media addictions worldwide
- It was found that teens who spend 5 hours per day using their phones were almost twice as likely to exhibit depressive symptoms than counterparts who dedicated only 1 hour on their phones
- Young, unmarried females are addicted to social media more than any other group
- 71% of people sleep with or next to their mobile phone
- 10% of teens check their phones more than 10 times per night
- 50% of them check social media while they drive

IV. What are the signs of social media addiction?

- Obsessive phone checking
- Losing track of time spent online
- Distracted eating
- Lacking social life
- Neglecting school or other activities
- Taking phone to toilet/bathroom
- Addicted to likes on social media
- Effect of social media slang
- Staying up late to be online
- Getting angry, irritable or argumentative when confronted about their internet use

V. What are the advantages of social media?

- It nurtures and expands relationships
- Improves communication and strengthens human connection
- It help people build on existing relationships, make new friends and reinvigorate relationships that have lapsed over time
- It makes it possible to find others who share the same interests and concerns

VI. What are the disadvantages of social media?

- It leads to addiction
- Invites us to compare ourselves with others
- It can deepen feelings of inferiority
- Once something's out there, you can't take it back

VII. How can parents recognize when their teen is overdoing it?

- When a teen spends increasing amounts of time online
- If not online, they are preoccupied with thoughts of being online
- Teens have trouble cutting back on social media time, even when we limit their use
- They lie about the amount of time they are spending online
- They show signs of anxiety and depression after spending time online

VIII. What parents can do to help their teens addicted to social media?

- Should talk openly with their teen about social media and the feelings associated with its use
- Set aside screen-free zones, like the dinner table and bedrooms and make sure everyone abides by them
- Be a good role-model
- Install all privacy restrictions and talk with them about what to post and what not to post and create ground rules
- Take time to learn about social media

II. Conclusion

Parents have to act as a healthy role model for their children to make them aware about how to use and manage digital device in their daily routine. Counselors urge parents to address the concerns of the digital age by monitoring gadget time and putting family time on the must do chart. Schools, too, are waking up to the need for a digital diet for students by banning phones on campus. It's time to cultivate digital hygiene and it include

create a corner for your gadgets when you go to sleep, throw the television remote and mobile phone out of the bedroom, for work place list down norms with tech-free spaces and no-gadget work time and urging employees to reclaim their weekends and so on.

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