The Impact of Social Media on Social Well-Beingness of Adolescence

Mrs. Vaishali Dinesh Patil[1] & Dr. Revanand Ramrao Patil[2]
[1]*Kaviyitri Bahinabai Chaudhari North Maharashtra University Jalagon.*
[2]*Mahatma Gandhi Shikshan Mandal, Arts, Commerce and Science college Chopda*
Dist -Jalgaon
Corresponding Author -Mrs. Vaishali Dinesh Patil

Abstract:

For most of adolescence in India the use of social media is an integral part of daily life advancement of the internet has provided Information and it has also had a negative impact on the social, oral, educational sexual and various issues of its adolescent users. The objective of this review to describe the role of social media in the evolution of social norms to illustrate how online activity can negatively impact adolescent self - esteem and contribute to high risk adolescent behaviors, explain how the uses of social media can impact in real world consequences with lifelong result and providing guidelines related to social media use for those parents who cares for their adolescent .Although research is now aimed at the use of social media for positive health and well-being ness .Much work to be done to the determine the utility of these programs. It is the new work study for the healthcare providers to adolescents and also provide information to upcoming generation the benefits and risk of social media use.

Adolescence is a time of self-Discovery people undergo a period of self-discovery, increased social independence and personal growth into unique individuals While educators, parents and peers have a direct influence on adults in daily face to face interactions ,Internet based entitles are becoming more and more important during this crucial stage of life .Internet use for social purposes has increased rapidly in recent years, with 80% of adults between the age of 12 and 17 regularly using some type social media.

Teenagers are becoming more and more accustomed to using social networking sites (SNS) which are relatively new phenomenon. These websites allow people to communicate socially with one another and permit users to establish virtual personas that might or might not mirror their actual identity. Users can label friends and other relationships and customise Portfolio pages with text, photographs and music and also find this website because they provide the opportunity for personalised

self-promotion and group membership which will not be possible in the real world. Teenagers are able to create an image they want the world to see all the social media during a period when being unique is just as essential as being it.

One model proposed to explain how adolescents integrate media into their development of self is the media practise model. This model assumes key features in and understanding the effect of media on adolescence .1) That most media use is active or interactive.2) Media use and its effects are inactive 3) that the adolescence present in the developing sense of Identity as the foundation for how media is selected and experience its impact are in an active reciprocal interactions with the users used in day to day activities for adolescence choices regarding their media diet are consequently inactive of their self perceptions and aspirations. This model backup the promise that SNS behaviour actually mimics real life actions are interactions even if it may appear that SNS offer the perfect environment for Teenage identity exploration without committing to Real world repercussion. As this model suggests social media use may have a significant impact on the social well beingness of adolescence . Lot of teenagers have poor self control and judgement that lack of maturity which might result in unsafe actions particularly on social networking sites .Because social networking sites (SNSs) offer dissociative ability adolescence are particularly vulnerable to the online this inhibition effect with states that private

information and personal details are more easily developed online then they would be in person teenagers who are at development and States where self expressions and affirmation find and all to allowing outlet in social networking sites SNSs and this expression can lead to dangerous social conduct.

In this digital age popularity is measured by how many friends are like are collected on an SMS social media encourage and also compete for attention in order to increase their likes and enhance the self-worth if a post or a picture doesn't generate through comments the adolescence is encourage to share it to make it more news worthy more audacious and cycle continues. These seemingly harmless behaviours can be quite harmful in and of themselves and they are easily translated into a dangerous offline setting.

While individual behaviour can harm once self-esteem so can an online opponent or cyberbullies activity. Cyberbullies this generations version of the school yard bullies are someone who purposefully spreads malicious dehumanizing or miss leading information about another person via social media cyber bullying like traditional offline bulling has been link to Extreme isolation despair electricity and low self esteem in victim however because of SNS offer a platform for anyone and everyone to view at any time of day or night cyber bullying maybe even more common. its also will double stated for have answer surprisingly that those who engage in cyber bulling are

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more incline to engage in offline bulling adapting social media.

Social conventions that were thought in appropriate 50 years ago may now the considered normal because they are unique to a society and change over time according to psychological theories be it true or not behaviour is greatly impacted by how peers are seen to act subjective standard therefore have a major role in shaping behavioural intentions and subsequent acts the normative influence that social media and particularly SNS have on today's teenagers is supported by research for instance it has been propose that yes and yes might generally function as a media by promoting and defining the social weakness there's engaging in a certain behaviour even one that carries significant risk are more incline to follow suit as it is seen as normal.

Much research is being done to highlight the influence of SNS on evolving social norms and promotion of high risk behaviour in a recent study assessing the relationship between the perceptions and the reality of iris social behaviour among tears using SNS the authors founded admissions consistently over report high risk social behaviour under report protective behaviours of their peers . This finding suggest that hi risk behaviour displayed on SNS may encourage similar high risk behaviour in others and simultaneously such behaviour as normal.

High risk behaviour by adolescence is not new, SNS all of for new manifestation of this behaviour that has been labelled self-exploitation by some.

this referred to the certain and distribution of exploit or in appropriate material photos comments suggestions on SNS, social media, websites, mother internet sites or through personal cell phones. There are several specific type of self-exploitation common to adult cells SNS profiles in a cross sectional study evaluating risk behaviour promotion on SNS for example 54% of profiles were found to contain one or more references to a high risk behaviour such as sexual activity substance abuse or these practices may open the door for severe behaviour in both online and offline relationships.

Adolescence also engage in risk taking related to substance abuse and SNS profiles have become a popular site for the promotion of this behaviour in a study examining the prevalence of risk behaviours display on an SNS substance abuse was the most frequently sighted high risk behaviour with 41% of profiles having some reference to alcohol, tobacco or drug use a more recent study measuring online and offline influences and adolescent smoking and alcohol use demonstrated that exposure to SNS images of partying or drinking increase both smoking and alcohol use in the study subjects. These data again highlight the concern that online behaviour can really translate into real world behaviour and potential repercussions. While the cost of risky behaviour is clearly high when it comes social health there are also potential legal ramifications laws originally created to protect children are being used to

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criminalise them as pornography in many States.

Inappropriate online behaviour can lead to lifelong repercussion whether or not the actions are prosecuted. images and commentary posted on SNSs are freely accessible and leave a digital footprint allowing College admission committees and Employers to pre-screen there applicants more disinteresting than the potential negative impact of SNS personal disclosure on professional success is the fact that social predators troll SMS for vulnerable adolescence who don't understand the effects of haphazard internet use.

The AAP also encourages providers to recommend the following to Parents/guardians of adolescence.

. Total entertainment screen time should be limited to less than 2 hours per day.

. Television sets and internet connected devices should be kept out of the bedroom.

. Use of websites and social media sites should be monitor.

. A plan for media used should be establish and rules for inappropriate use in forced (i.e. at meal- time   bed -time)

It is important for adolescent care providers to not only teach parents/ guardians about the benefits and risk of social media use, but also to remain engaged and educated themselves in a rapidly changing world of Technology they must stay up to date on internet-based exposures and trends in order to support also and their parents' guardians as they may we get this challenging time of development.

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Conclusion:

Social media have become an integral part of today's culture and have helped define the latest generation of youth despite the promise of enhanced socialisation communication and education however many adolescents lead experience of social media use has been negative on balance. From lowering self-esteem to creating new social norms that encourage increasingly risky behaviour SNS use jeopardize the sexual and social Wellness of adolescents. New research is a aim at utilising social media for positive and effective help and Wellness interventions but much more work needs to be done to enhance the positive and we take it the negative potential of this resource one thing is a certain as health care providers for this newest Technology semi population it is imperative that we keep up with the red Rapid revolution of social media and are proactive in managing health outcomes for adolescence.

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