

The Impact of Benefits and Risks of Social Media on Adolescents

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This research aims to deduce the benefits and risks of social media on adolescents. Internet access encourages adolescents to socialize and communicate; internet access additionally allows adolescents to obtain data and resources from library research, journals, articles, and online newspapers. This study deduced that adolescents primarily use social media to easily access data – rather than going to the library – and to communicate with one another.

Key words: *Influence, Social media online, Adolescents, Teenager.*

Introduction

Adolescents have the opportunity to connect with a variety of websites and virtual worlds (Hinduja S & Patchin J, 2007). Because this generation is building social networks through mobile phones and internet access, adolescents are vulnerable to peer pressure and attempting to navigate and experiment with social media. Recent research shows that the behaviour of young people both online and offline has an impact on bullying and clique-forming (Palfrey J, Gasser U, & Boyd D, 2010). Additionally, research explains that parents are less sensitive to teenagers, because a lack of understanding often affects children's personal social media interests, ultimately creating a lack of synergy between parents and adolescents.

The biggest obstacle continues to be weak parental supervision (Jenkins H et al, 2006). Thus, for these reasons it is crucial to consider the positive and negative sides of children and adolescents using social media, as well as the role of parents in controlling their children's social media use. Therefore, this study aims to answer the following research questions:

1. What is the influence of social media on adolescents?
2. What are the risks of social media online adolescents?
3. How can parents protect their children from the risks of social media?

Literature Review

The Benefit Adolescents Using Social Media

Social media provides a range of benefits and opportunities to empower the user. Through social media, adolescents can maintain social connections and support networks that would otherwise be impossible to maintain. Social media also allows adolescents to access information easily and anonymously. A new mobile application will additionally allow teenagers to learn about their health problems (Krishna S et al, 2009). However, it is extremely necessary for parents to accompany their children while they access the internet to ensure the success of early learning in social media, so that children use reliable online resources, interpret information correctly, and do not become overwhelmed with the flow of information they read on online.

Risks of using social media teenagers

The biggest risk for teenagers using social media is cyber bullying, which can lead to online criminal acts. Social media can be deliberately used to communicate false information, embarrass others, or disseminate false news and hate speech that ultimately creates hostility and has a great impact on young people. These risks are affecting teenagers in the following ways: peer-to-peer relationships, spreading inappropriate content, creating a weak understanding of online privacy issues, and the influence of advertising.

Almost all teenagers have posted or been sent naked or semi-nude photos or videos. Some teenagers who have collected or distributed naked or semi-nude photos or videos may face accusations of child pornography crimes. Lenhart (2009) argued that people should be very aware of sexting, as it is one of the influences of social media. In other cases, researchers have reported a new phenomenon referred to as Facebook depression, which is defined as classic symptoms of depression developed in teenagers who spend time online media, as described above.

Davila (2009) and Sturm (2010) argue that social media is a factor that may trigger depression in some adolescents. In teenagers who are at high risk of suffering the effects of offline depression, an addiction to social isolation, unsafe sexual practices, or aggressive destructive behaviours can prove the misuse of sites. A very dangerous influence of online sites on adolescents is when these ethics endanger their privacy. Teenagers themselves use



technology improperly; they have a lack of respect for privacy and often provide data or post false information about themselves or others (Barnes S, 2006).

A person visiting a website can very easily be tracked. Adolescents must realize that their digital track record is very influential on their futures; their exploits can very easily be tracked by their competitors. “It recommend that young people should be respecting privacy issues, and the harmful effects of posting as pic, they are not aware of privacy issues often posting vulgar photos, messages and videos without understanding that what happens online stays online” (Palfrey, 2010).

Many online venues are now prohibiting ads on sites visited by children and adolescents. The role of parents is to ensure that children can develop into healthy teenagers while using online social media, instead of being affected by manipulative advertising.

Research Methodology

This study is qualitative, as it uses literature and resource reviews as a method to collect data. The data was obtained from resources such as books, journals, articles, and online newspapers to discover the principles, theories, and matters relevant to the quality of this study. In collecting this data, the writer searched for resources related to the topic and problems discussed in this study. The data that has been collected from these resources is logically related, systematised, and analysed using an analytical approach so to answer the formulated problems.

Result studies

The Benefits and Risks of Children and Adolescents using social Media

- a. Social media has revolutionised the speed at which information circulates across the virtual world. The importance of online social media makes teens highly dependent on social media to collect and share information.
- b. The need for policies to establish the general and specific roles of parents in monitoring this generation’s social media use, and thus to shape the character of the nation and state. Parental direction, as well as the adolescent’s environment, will allow adolescents to think constructively, and the habit of reading in adolescents will have an impact on increasing social relationships, wherein adolescents are capable of understanding the characteristics, culture, and social life of communities, so that they may adapt to various communities wherever they are.
- c. Parents play an important role in protecting and controlling their teenager’s activity, especially when it comes to social media, as their children may be at risk when they are



using social media. Therefore, social media is globally limitless and provides a variety of ways to access it. The unlimited virtual world is able to make a positive influence, however, it can also be a weapon that can cultivate criminal activity, including hate speech, pornography, and slander.

Conclusion

There are several benefits to adolescents using social media. Firstly, social media can have benefits that extend to society and the virtual world, including improved access to information and easy communication. Secondly, social media increases access to creative spaces, where children and adolescents are encouraged to learn more through social media and virtual worlds. Several benefits of social media include: Worldwide Connections, Bringing People with the Same Interest, Sharing Information, and Increasing Information Circulation. Social media is globally limitless, and there are a variety of ways to access it. Cyber inconsistency is capable of having a positive effect, however, it can also have a negative impact, in some cases giving rise to criminal opinions ranging from hate speech, pornography action, and so on.

Moreover, these technologies provide information that can improve health care, as adolescents can search for useful information, though this requires parental involvement. Social media can also have a negative impact, such as causing depression in acute circumstances. Lack of oversight can additionally cause online privacy addiction, unsafely stored information, unsecure alias Hoaxes, or false information. Parents must take responsibility of their children's social media activity. It is recommended that parents should take care of children when they access social media, and give an idea of how to properly and safely access media to their child. Parents should supervise online media activities with minors and give adolescents an understanding of the program (software used to monitor the internet when the absence of parents).



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