

An Analysis of Social Media Addiction in Adolescents

Wanting Zhang^{1,a,*}

¹*Yantai No.1 Middle School City: Yantai City, Shandong, 264000, China*

a. eva15563813790@qq.com

**corresponding author*

Abstract: Adolescents around the world now utilize social media on a daily basis. Social media addiction, a psychobehavioral condition, is characterized by excessive, uncontrollable use of social media and compulsive attention to it. It has been linked to a number of negative health effects. As social media has grown in popularity, the potential impact on teenage health and well-being has received a great deal of social and academic attention. Research on social media addiction and its consequences is urgently needed in order to create effective prevention strategies. Despite increased research into social media addiction, there are still numerous hurdles and research gaps. This paper uses observation and questionnaires to investigate and understand adolescents. The findings of the study suggest that there are a wide range of consequences, both positive and negative, associated with social media use among adolescents. However, the risk of social media addiction is considerable due to the lack of self-control among adolescents, which is prevalent in terms of the percentage of social media users.

Keywords: Social Media Addiction, Negative Health Effects, Mental Health, Harm Solution

1. Introduction

Adolescents become addicted to social media for a number of reasons. Nowadays, they are under enormous pressure from a variety of sources, including family, peer interactions, and real-world learning needs, and they frequently strive for recognition and affirmation of their accomplishments, seeking positive feedback to boost confidence and motivation, which in turn enhances their sense of achievement. However, there is a huge generation difference between adolescents and their elders, which can lead to misunderstandings and confrontations, particularly when trying to understand each other's points of view. Adolescents find it simpler to achieve the desired response in the virtual world of social media, which may lead to an overreliance on the internet. The Internet is the main source of current news, but the Internet information is mixed, and teenagers lack psychology or experience, imperfect judgment of Internet speech, and it is easy for them to make wrong judgments on bad information. Therefore, this paper investigates and understands teenagers through observation method and questionnaire survey method. Studies have shown that adolescents' use of social media can have a variety of consequences, both positive and negative. However, the risk of social media addiction is quite high due to adolescents' lack of self-control.

2. Characteristics of the Physical and Mental Development of Adolescents

Adolescence is a critical period for individuals to seek self-identity and social belonging. Social media is an important platform to show themselves and gain recognition and feedback from others. To a large extent meets the needs of teenagers for a sense of identity and belonging. Compared with the real life, the online world is more compatible, in which teenagers can release their nature and be themselves back. Modern teenagers have too much pressure in real world learning, family, interpersonal communication and so on. Social media has become an important channel for teenagers to express their ideas, emotions and creativity. By sharing their daily life, interests and hobbies, teenagers can find similar groups and enhance their sense of achievement in self-expression. Peer influence is particularly important during adolescence. When friends and classmates around them are using social media, people's topic may become a hot topic on social media, and individuals may feel pressure that they must also participate to maintain social connections and social status. When individuals are in a group, they are influenced by the group and tend to imitate or follow others' behaviors, opinions and attitudes. The main psychological conflicts faced during school age, adolescence and early adulthood between 6 to 25 years, respectively, are "self-identity role chaos". The main reason for the confusion of self-identity role is "on the one hand, the upsurge of teenagers instinctive impulse and, on the other hand, teenagers feel confused and confused by new social demands and social conflicts. Therefore, the main task of the adolescent period is to build a new sense of identity or his own image in the eyes of others, as well as the emotional position he occupies in the social collective" [1].

3. Specific Manifestations of Social Media Addiction

Social media platforms are often designed to take advantage of human psychological mechanisms, such as enhancing user engagement and satisfaction through instant feedback mechanisms such as likes, comments, and sharing. However, it is also easy to encourage people's psychology of comparing with the other. They share the things too perfect and ignore the state of real life. In order to create and maintain their own image on social media, this design can encourage users to use them repeatedly and increase the risk of addiction. To care too much about the image they show in social media affects their real life. Social media is an effective tool for people to share their daily lives and keep in touch with others. Showing the best of life, or making others think they are living well, is a very wrong behavior. With less perceived social support on social networking sites, reduced life satisfaction, well-being and reduced self respect also significantly affect their mental health levels. In addition, the total time spent on social media also affects the of depression[2]. Through the results of the questionnaire survey, as shown in Figure 1, it can be seen that 32% of teenagers spend 30 minutes a day on social media, 31% of teenagers will spend 30 minutes to 3 hours, and 12% of teenagers use social media every day more than 3 to 6 hours, even use more than 6 hours of teenagers accounted for 8% of the total number of teenagers, and does not use social media teenagers only 17%, the data also fully illustrates the social media is very widely used, for teenagers time proportion is also very large. Most teenagers are in their school days and need to study in school. There is not much time available. pending so much time on social media will certainly have a great impact on their physical health and academic performance. Questionnaire on social media addiction in adolescents: <https://kdocs.cn/l/cody1WoH4BRC>

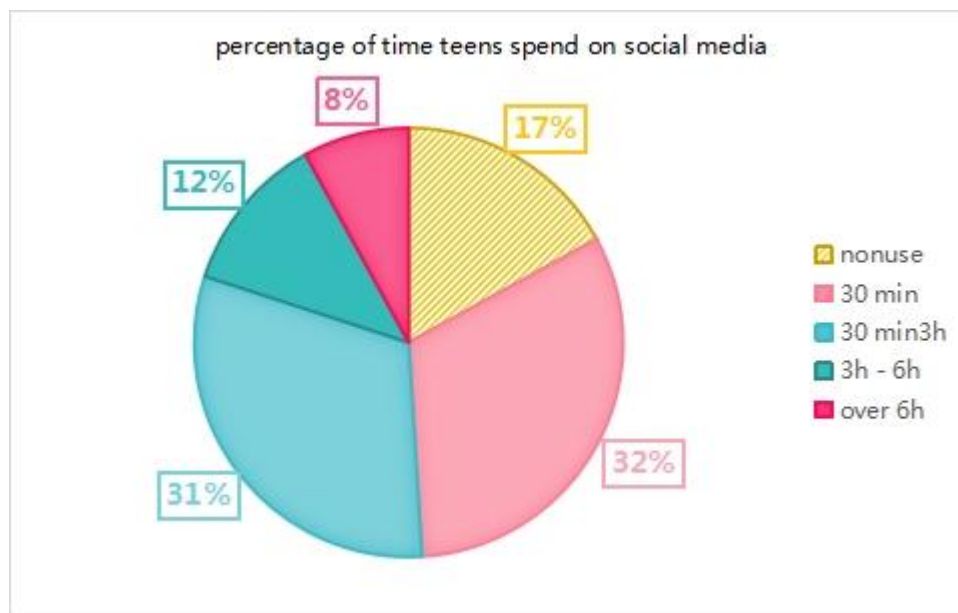


Figure 1: Percentage of Time Teens Spend on Social Media

The specific manifestations of social media addiction are very diverse. Social media addiction, in general, is a state of individuals losing control of the use of social media and continuous excessive use of social media, so that it affects life, work or study. Spending a lot of time on social media, far more than originally planned. Ignore other important events to use social media. Excessive use of social media to oversight real-life interpersonal relationships and social activities. The use of social media in real-life social activities leads to reduced interactions with others. Frequent checking of social media updates, even in inappropriate situations or times, is one of the manifestations of social media addiction. Despite the willingness and attempts to reduce social media use, it is difficult to successfully reduce use time. Feeling anxious about reducing social media attempts, even if you can control the social media content, individuals are difficult to focus on other things, and even enter the endless tension, severe cases may have insomnia, dizziness and other symptoms. Using social media became the main way of coping with stress, loneliness, and anxiety. Feeling anxious, depressed, or agitated when not using social media. Many teenagers mind not mature, does not have the identification ability of media content, has not yet formed a critical interpretation media thinking, they are difficult to grasp the real world and the boundaries of the media world, don't know what is true what is false, even may believe in the content of the media world, cause teenagers form a single mode of thinking, and easy to be network undesirable trend influence its view, cause they participate in social construction obstacles in the future [3]. Unhealthy food and diet behavior information in the form of text, pictures, video, etc in the Internet, and spread form more hidden and diversification, such as BBS, video, fun skills, soft expression, package, snacks, discount information, evaluation, easy content regulation, with unhealthy food and bad diet behavior information spread, make teenagers to understand and imitate the chance to increase [4].

The impact of social media on adolescent psychology are complex and multifaceted, including both positive and potentially negative effects. On the positive side, social media provides a platform for teenagers to connect with family, friends and people with similar interests and experiences, a platform that greatly increases their social network and sense of belonging. Teenagers can explore and express their identity, interests and values through social media, which is beneficial to their personal development and self-identity formation. Social media is an important channel for obtaining information and learning new knowledge, and teenagers can broaden their horizons by focusing on

educational content, news events, and cultural trends. Creating and sharing your own work can stimulate teenagers' creativity and enhance their sense of engagement and fulfillment by gaining feedback and recognition. Of course, there are some disadvantages. Teenagers may compare their lives to the carefully selected ones shown on social media, which can lead to self-esteem problems, dissatisfaction and envy. The internet is virtual, and everything it shows to the public is packaged to share and enjoy the work on social media. In essence, it is to relax the body and mind and increase the distance between people in a more convenient way, but it will also lead to comparison and inferiority among teenagers. Frequent use of social media may lead to distraction, affecting learning and work productivity. Excessive reliance on social media may also develop into addictive behaviors.

4. Discussion

With the development of the times, social media has an irreplaceable role in life. The problem of social media addiction among adolescents is becoming increasingly serious and needs to be solved by finding ways to address it. Parents of adolescents need to set an example by using social media and electronic devices in a rational manner, by reducing unnecessary screen time and by increasing face-to-face communication with their children. Children should be encouraged to participate in more sports activities, interest groups and parent-child activities, to reduce dependence on social media and enhance social skills. With the results of the interviews, diversion is a good way to distract oneself from a large part of one's time and energy, and to improve one's quality of life while quitting Internet addiction. Teenagers can use their spare time to discuss problems with teachers or classmates, constantly strengthen communication and understanding, enhance friendship, meet the needs of social emotional development; should actively participate in groups, activities, feel the importance of communication and cooperation in group activities [5].

Schools can organize a variety of extracurricular activities and interest groups to provide students with opportunities to participate in real life interaction and reduce their reliance on social media. Schools should also provide mental health education and counseling services to help students cope with the problems encountered in the use of social media, such as self-esteem, social anxiety, etc. Psychological problems should not be ignored, especially in the sensitive period of adolescence, where correct guidance is necessary. Education department should focus on strengthening the guidance and supervision of mental health education work, scientific school mental health education evaluation plan, from the mental health education hours, psychological counseling teachers to solve practical problems, psychological counseling room effectiveness design multi-level evaluation index, ensure the effectiveness of school adolescent mental health education work [6].

Through public health promotion, improve the social awareness of adolescent social media addiction and its effects, and promote the sense of responsibility of parents, educators and adolescents themselves. In short, social media addiction is a problem that needs the attention and efforts of all sectors of society. Comprehensive response measures can help individuals establish healthy social media use habits and reduce the negative effects.

5. Conclusion

In conclusion, the paper has delved into the pervasive issue of social media addiction among adolescents. Despite its many benefits, such as enhanced connectivity and access to information, excessive social media use can lead to neglect of real-life relationships, emotional dependence, and in severe cases, lack of self-control and even depression. As a result, it interferes with adolescents' daily lives and even causes damage to their physical and mental health. The main reason for this problem is that the nature of social media is to promote communication, which greatly satisfies the social desires of teenagers, and in modern society, the design concept of social media is mostly for

profit, and many mechanisms are designed to attract people to spend more time on social media, and teenagers are inherently emotionally unstable, and with the growth of pressure, the emergence of the psychology of avoidance is very inevitable. Further research is needed to fully understand the complex relationship between adolescents and social media. By raising awareness and promoting healthy social media habits, it is possible to help mitigate the risks associated with social media addiction and safeguard the well-being of adolescents.

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