



# Social Media and Its Impact on Students' Lives

*In this world of fast-growing digital technologies, such as the growth of the internet and other modern tools, social media plays a very helpful role in teenagers' lives, if used wisely.*

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## Introduction

In this current digital era, we can not live without the internet and mobile phones. According to the research, the screen time of the peoples are increasing rapidly. Unlike traditional times, the mobile phone usage of people was less, but is now rising with the growth of the internet. All of us use the internet and social media these days.

Social media is a medium or a tool that allows societies to communicate with each other, whether they are inside or outside the country. Students are most entertain from online social platforms. These are free online platforms, such as Twitter, Instagram, Facebook and TikTok. They enjoy watching dramas, funny videos and shorts. There are many helpful resources for students' educational purposes.

***"The good use of online platforms can make the academic performance better, but bad use damages them."***

## Technology Overview

Social media also helps companies to promote their brands, products and tell people about goods and services. The students waste their precious time on unnecessary activities like enjoying games, movies and building friends online. They send reels to each other on Instagram and enjoy them.

It is a very helpful educational tool if students use it in the right way. They can make groups and share helpful materials like notes, assignments and lectures. They can benefit from the online lectures and online materials. In Pakistan recently, the schools, colleges and universities have taken online classes because of a lack of petrol, where students and teachers interact with each other with the use of Google Meet and Zoom apps as if they were sitting in the same classrooms.





Figure 1: Impact on students of using social media. Credit: Google

## Key Findings & Impact

Social media can be affect in a good or a bad way on students' lives. Now we will first discuss the benefits of social media. The students interact with others. They can share information. There is a lot of informative materials are available on different online and free websites. They can see the news and shows. It helps youth to boost and show their talents. They can make creative videos. They can learn online skills and do online work on platforms such as LinkedIn.

Lets we talk about the drawbacks of social media. The students are distracts from the social media. The social media life is not like real life, so we consider it all fake. The students see others' good lives on social media and feel jealousy. The students use social media continuously, and scrolling on a mobile phone for a long time disturbs their sleep patterns and damages their eyesight. Their mental health is badly affect from social media.

## What's Next?

In this current and digital era, our children and youth both use social media and the internet. In the world, all of us use social media platforms only for enjoyment and in a bad way. The students should keep a balance between the use of social media and studies. The parents should watch their social media activities. The awareness should be given to the students. The students should be doing physical activities. They should use social media platforms to extract new ideas, watch informative videos and learn from free online websites.

### About the Author

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