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UNIVERSITY OF BOLTON

ASSIGNMENT-1

**TOPIC : HOW TO DEAL WITH SOCIAL MEDIA ADDICTION IN
CHILDREN**

SOLUTION DRIVEN DESIGN AND PRACTICE (CDM 7002)

ID : 2110047



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Introduction

The goal of this paper is to demonstrate the dangers of social media addiction, as well as the issues that children (who is under 16 years of age) experience as a result of it, and how to overcome or reduce them. Social media is a web-based platform that allows communities to share ideas, thoughts, and information. A computer, tablet, or smartphone can be used to access social media. Social media is a powerful tool for people to communicate because it allows them to connect with anyone in the world and instantly share information. As a result, people (who use social media) cannot completely ignore that social media (such as Facebook, Instagram, Messssenger, Telegram and Whatsapp) has altered the way to communicate and socialize around the world. People who have an addiction or addiction frequently lack control over what they do, take, or use. As a result, the addiction progresses to a point where it seems to be destructive and has negative consequences for a person's physical, emotional, and social well-being. Addictions are not limited to physical substances that we consume, such as drugs or alcohol, but may also involve anything virtual or abstract, ranging from gambling to seemingly innocent items like chocolate. Addiction can refer to a chemical dependency (e.g., drug addiction) or a behavioral addiction (e.g., gambling addiction) (Veronica et al., 2015).

Social media addiction is a type of behavioral addiction characterized by excessive concern for social media, an extreme urge to log on to or use social media, and spending so much time and effort on social media that it interrupts other important aspects of one's life. Although it is a common misconception that social media addiction is harmless, it's really causing problems for children's studies. Children

have their phones' notifications and wifi connections turned on all the time, and they reach for their phones whenever they receive a notification. They share things without reviewing whether they're true or not. They have started competing with each other instead of connecting with their loved ones on social media. They want to post better photos, videos, and status updates than others and have the best-looking profile. Social media addicts spend the majority of their time thinking about how they can improve their profile and gain more followers, likes, and comments on their posts. They also become detached from relatives who do not use social media. After all, they are humans, and when faced with difficulties, addiction makes them feel hopeless and depressed. However, by taking proper steps, such as turning off personal phones while at school, college, university, work, or during other activities, and using a regular phone for only calling and not using social media or the internet, can avoid this. They can also disable all notifications for social media apps and other similar apps and Guardians can take their children outside for extra - curricular activities, share their phones with them for a fixed period of time, and establish a full-day routine that they must adhere to. Teachers can monitor them while they are at school. Parents can avoid giving their children phones until they are at least 16 years old.

Problems

Social media has evolved into a significant aspect of our everyday lives. People (who use social media) these days can no longer ignore the influence of social

media. However, most of the people are unaware of how social media may affect and harm their lives until it is too late. The use of social media is very addicting. Increased use of technology and tools in daily life, such as the internet, social media, cellphones, and digital games, plays a critical part in technological addictions that can lead to depression. This study found that those who used social media for a long period had significant levels of social media addiction. In other words, social media played a significant role in their everyday lives and had a damaging effect on them. With the internet becoming a more important aspect of everyday life, social media addiction is expected to rise with time. Excessive use of social media technologies provides a number of concerns in terms of psychological, physical, and social dimensions, as well as generating issues with persons' social functions.

Children are the group most likely to catch a social media addiction (Aydin et al., 2021). A children has a social media addiction if he or she feels compelled to spend time online and fails to do so, even though he or she has direct personal experience with difficulties such as broken friendships, bad academic performance, or severe feelings of hopelessness. Rather than reducing, the children will increase his or her online time. Extreme behavior can occur when access is restricted or even when tablets or phones are removed. It has been found that there is a starting and a continuation phase to social media addiction. Individuals in the early stages of addiction (with a social media usage history of 6 months or less) were found to use social media for a variety of reasons, including inability to make friends, a lack of socialising, and boredom. Individuals in the continuity phase of addiction (with a social media usage history of more than 6 months) use social media for a variety of reasons, including keeping up with current events, sense of duty fulfilment,

social connection protection, and so on(Aksoy and Emin, 2018). There are several reasons why children are attracted to social media; nevertheless, the reality is that the internet and social media have spread rapidly in recent years. People(who use social) increasingly reliant on the internet, particularly on social media, in recent years. Someone who is sad might now quickly become addicted to social media. Children want to know what their friends are doing on social media. They can post their thoughts, images, and videos and receive likes, comments, and a growing number of followers. They have a lot of social friends and can meet a lot of new individuals. They are also able to access entertainment stuff. When they can't connect to the internet, it's down, or it's slower than normal, they're worried. First thing they do in the morning and last thing at night is checking social media. When they don't have access to their smartphone, they become stressed. Driving, eating, reading, walking, and even using social media while on the toilet are all examples of excessive use of social media. When don't get any likes, comments, views, or follows, they feel horrible. Rather than face-to-face communication, preferring to contact with friends and family via social media. Based on what children see on the news, they believe that everyone else's life is better than theirs. They're always checking in, no matter where they travel. children's desire to break away from their families and experience freedom, as well as their goal to gain domination, realize their fantasies, and avoid emotional breakdown through social media, are among the causes of social media addiction, particularly during childhood. Children's who are having trouble interacting with their family and relatives, and who are feeling overwhelmed by the pressure and punishments imposed by their families, are turning to social media for help. Social media addiction may be caused by a lack of direction for children in such a mindset. Human connections have changed as a result of social media. Face-to-face (direct) communication has been replaced by

virtual presents, texts, and games. Individuals have begun to shift to social media after they have been able to interact without difficulties from wherever they are. Social media addiction develops when interest in social networking sites grows (Kirik et al., 2015).

Here are more examples of how social media affects the lives of children's:

- Struggling putting down any device, for instance, phone for a meal. When communicating or scrolling over social media pages, foodstuffs may be consumed.
- Sleep will eventually give place to being online.
- Everyday activities, for example, social relations, family programme, study and school must make room for just being online.
- Even if children's are not online, their shared movies, images, and messages in social media keep their minds occupied.
- Everyday duties and activities are hurried because the children is eager to stay at the laptop or mobile.
- Children was not recognize their own addiction because they suppress it.
- Check their phone frequently for texts and updates.
- Personal cleanliness and care might decrease or even become extreme.
- They become annoyed if they are unable to check their messages or updates.
- They can't use social media less even if they wanted to.
- They have a sense of isolation.

- Fear of social situations, such as meeting and conversing with strangers.
- Depressed mood.
- Refusing to participate in any family activities.
- Poor academic performance.
- Inability to attend school.
- They are not completing their homework.
- Don't have enough energy to study.
- They don't even have any friends outside of the internet.
- Have quarrels with family members.
- Quit participating in sports and other social activities.
- Distant relations with family.

Apart from that, people can say whatever they want on social media, that had resulted in cyber bullying, which can occasionally end in suicide. The more time individuals spent on social media, the less time they had to concentrate on their education or other activities. Instead of interacting with friends and family, they begin comparing themselves to others, which leads to worry and jealousy. They also have major eye issues as a result of their excessive screen usage. Many youngsters have back and neck discomfort as a result of their mobile phone's use of social media. What occurs is that instead of participating in face-to-face connection, people rely on their Smartphone's and computers for social engagement. Because their interactions occur online rather than in the actual world, they will feel alone at the end of the day. Children who spend excessive amounts of time on social media are unaware of how much time they spend on these sites and, as a result, continue to overlook their duties in real life. After a certain point, minds that begin to understand actual life and relationships from a virtual

perspective are ejected from reality. A children who has trouble developing friends in real life have a large number of social media friends. Another person who has trouble communicating with his family and friends may strike up a strong relationship with someone he met on social media. They struggle to meet their desire for domination by seizing control of everything through these platforms, hiding behind a mask of virtual identity and hiding their genuine identity (Kirik et al., 2015). Addiction to social media can lead to displeasure and general discontent with life among users, as well as an increased risk of mental health concerns including anxiety and depression. Children's require longer sleep than adults, requiring at least eight to ten hours each night as opposed to seven or more for adults. As a result, signing on to social media in late at night can be harmful to their physical well-being. Spending too much time on social media can lead to an unrealistic self-image, an unreal sense of reality, an unreal sense of security, and an unreal sense of friendship. What does it mean to like anything on Facebook? What if some Instagram photos are not liked at all, or WhatsApp messages are not replied to within the expected time ? The ultimate reward is sadness and frustration.

Solutions

There are strategies and solutions for social media addiction, just as there are for all other illnesses and issues. Parents and teachers can play the biggest role in overcoming social media addiction as children (who is under 16 years of age) spend most of their time with their parents and at school . Some of the suggested

activities listed below and turn social media into a tool that you can control rather than letting it dominate your life.

- First and foremost, parents should avoid using social media in the presence of their children.
- Parents should not give their children a Smartphone until they are 16 years of old.
- Parents should share their phones with their children if they require a phone for school.
- Parents should keep a close eye on their children at all times.
- If they see any changes in their children's behaviour, they should speak freely with them.
- It is important to establish a pleasant relationship with children so that they may freely disclose everything.
- Parents should explain the pros and cons of social media.
- On weekends, parents can take their children out for walk.
- They can take their children out for lunch or dinner.
- They can motivate their children to participate in extracurricular activities.

Apart from all that being mention, Parents should make certain that their children have a variety of fascinating activities outside of the digital arena. It can involve a variety of activities such as reading books, socializing with others, playing interior and exterior games, and so on. Spending a lot of time with children and getting to know their needs and feelings so they don't feel alone is the greatest way to help them overcome their social media addiction. On the other hand, a teacher should encourage children to participate in creative, inquisitive, and interesting healthy

activities by engaging them in group activities. Children will be able to spend more time with their peers and less time on the social media as a result of this. The teacher must concentrate on the personality traits. It's important to consider how children act in class and what causes them to act that way. A special emphasis should be placed on their interpersonal relationships. What is the cause of a children loneliness and stress, and why is he or she not connecting with their friends and family instead of spending time on social media? Children should attend workshops on the beneficial and bad consequences of the Internet, as well as how Internet addiction may lead to serious physical and mental problems. Teachers should spend time investigating what their children are doing on the Internet both inside and outside the classroom. Children who lack self-control are more susceptible to cause an Internet addiction. Children should be given certain guidelines to follow in order to limit their usage of the Internet, and adequate and ongoing monitoring should be done. The school should provide workshops or training to parents to handle the problem of Internet addiction and how they can monitor their children's activities. Children who have poor self esteem or lack self confidence are more prone to get addicted to the social media. To increase their self-esteem and confidence, a teacher should include such children in classroom activities. Teachers employ ICT-based education while teaching in a classroom since it is the age of technology. Less ICT-based education should be employed, limiting the use of technology at home, and more focus should be placed on group tasks involving social contact. It's difficult, but if at all manageable, erase all applications. Turn off phone's notifications. Children addicted to social media for a variety of reasons, one of which is that they are frequently distracted by alerts. Notifications, in fact, can serve as a reminder for children to check their phones or laptops. As a result, the most effective solution is to disable notifications. If the

social media accounts, such as Facebook, Instagram and Twitter, cannot inform children of any changes, they are more likely to ignore them. It's an excellent starting step toward overcoming social media addiction. Set the time for them how to use it and stick to it. For example, 10-20 minutes or less on social media per day. They can check Facebook every day, but just for a short period of time or at a specific time of day. Make a rule for children like "no social media during eating time or study time." This allows them to concentrate on their studies while also reducing your social media addiction. Begin working on a new pastime. Begin by reading a book. Spend time with family and friends. The more time children spend with your family, the less time they have to spend on social media, which is one way to tackle social media addiction. Keep them motivated by associating them with good individuals. Most importantly, children should motivate by their parents that they will not be using this for a long time. Addiction's best therapy is distraction. Begin taking several topics. Start engaging in some task that children are competent at or that they are curious about. keep children's phone at a safe distance from their bed at night. Children will be less interested in checking the phone if it is out of their reach. Reaching for their phones and scrolling through social media in bed is a natural behavior. If they have to get out of the bed to reach this, they will think about why they need their phone, It will help them to reduce the use of social media.

Parents and teachers can demonstrate to children how they are wasting precious time by using social media, and how they might use that time to improve their schoolwork or participate in other extracurricular activities.

Table 1 : Different children spend time on social media per day and week.

<i>Children(in different category)</i>	<i>Use social media(per day)</i>	<i>Use social media(per week)</i>
<i>1</i>	<i>1 hour</i>	<i>7 hours</i>
<i>2</i>	<i>2 hours</i>	<i>14 hours</i>
<i>3</i>	<i>3 hours</i>	<i>21hours</i>
<i>4</i>	<i>4 hours</i>	<i>28 hours</i>
<i>5</i>	<i>More than 4hours</i>	<i>More than 28hours</i>

For example, Table 1 shows that if a child falls into the "children 1" category, parents can show them that they are wasting 1 hour per day and 7 hours per week on social media, and that if they stop wasting time on social media, they will have 7 hours per week to study or participate in extracurricular activities. On the other hand, if a child falls into the "children 4" category, parents can show them that they are wasting 4 hour per day and 28 hours per week on social media, and that if they stop wasting time on social media, they will have 28 hours per week to study or participate in extracurricular activities and so on.

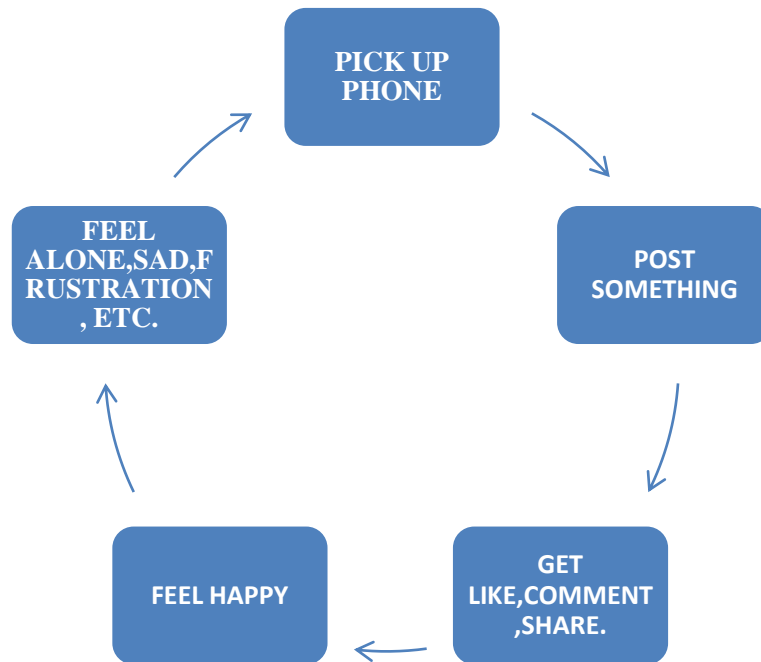


Figure 1: Most of the children reward loop from social media.

Figure 1, illustrates how most of the children waste their time by picking up their phone, post something on social media, waiting for likes, comments, and shares, and when they get it they feel happy. When they are sad again, they pick up their phone, post something, wait for likes, comments, and shares, and then they feel happy. That's how they keep repeating the same loop and wasting their time. Parents or teachers can present figure 1 to their children to show them how they are losing their time and what they are getting out of it. Finally, it is important to make them understand that technology was created to help us progress, not to waste our time and make us less productive. While social media is a great way to connect with others, don't underestimate the power of face-to-face communication. Allowing these online social networks to take up your valuable time or control

your life is never a good idea; instead, you should utilize them as a tool to manage your life.

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