A PERSONAL OPINION ON THE ISSUE: THE IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH

In my personal opinion, social media has a significantly negative impact on students. It creates an impact on young people which is an issue that can be majorly seen in them. Social media like Instagram, Facebook, and TikTok are creating a negative impact on younger people. Younger people between 13 to 18 spend more than 3 to 4 hours a day on social media. The bad effect of social media is that these platforms compare people according to their abilities. As a result, teenagers are affected by anxiety, depression, and inadequacy.

Majorly seen that using social media constantly is one of the main reasons for migraine as well as eye issues. For using social media teenagers are becoming less attentive in their education and extracurricular activity. Teenagers use social media excessively because they compare themself to others according to ability. Nowadays, it is seen that often kids are spending their time with smartphones, as a result, kids are affected with some major diseases because radiation coming from smartphones is not good for kids' health. In respect of my personal opinion, parents have to set aside mobile phones for their kids.

Teenagers are also comparing themselves with others that's why some suicidal mindsets have grown in their minds. In the 20th century technology was achieved beyond our imagination. With the use of technology, we have to achieve some technology that does not harm young people and kids. Social media should become more transparent, include some new policies as well as restrict people ages below 18. The government should take major steps to improve all the technology which affects the young generation.