

### **DECLARATION BY STUDENT**

I certify that this assignment is my own work and is in my own words. All sources have been acknowledged and the content has not been previously submitted for assessment to Asia e University or elsewhere. I also confirm that I have kept a copy of this assignment.

Date: 23 March 2024

Signature: \_\_\_\_\_

### **ANSWER SHEET**

<b>STUDENT ID</b>	C30109210031
<b>STUDENT NAME</b>	FATUR RAHMAN
<b>IC / PASSPORT NUMBER</b>	
<b>SUBJECT CODE</b>	TRL101
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*\*Begin writing your answers on this page (Font: Arial or Times New Roman, Size: 11 or 12, Lines Spacing 1.5)*

**\* Please rename the answer script by subject code and student matric number (e.g: [NAME] [TRL101] [C10101240001])**

Respect to the distinguished audience,

Today, I want to discuss a topic that is very relevant in this digital era, namely "The Influence of Social Media on Teenagers". We live in an era where social media has become an inseparable part of everyday life, especially for the younger generation.

First of all, let's admit that social media has a positive impact on teenagers. It becomes a platform that allows them to connect with their friends, share interests and likes, and expand their social networks. Social media can also be a very useful source of information, allowing teenagers to learn new things and keep up with the latest developments in the world.

However, we also cannot ignore the negative impacts brought by social media. One of the most striking impacts is mental health problems. Overexposure to unrealistic beauty standards, cyberbullying, and social comparison can cause stress, anxiety, and even depression in teens. They often feel trapped in an unhealthy comparison game, doubt themselves, and lack acceptance of themselves as they are.

Apart from that, social media can also influence teenagers' sleep patterns. The habit of staring at gadget screens before bed can disrupt natural sleep rhythms and contribute to serious sleep problems. This has a negative impact on their physical and cognitive health.

Not only that, excessive use of social media can also interfere with teenagers' productivity and focus on learning. Too much time spent chasing likes, comments, and followers can divert attention from schoolwork and more useful activities.

Therefore, as a society that cares about the welfare of the younger generation, we need to take steps to reduce the negative impact of social media on teenagers. This includes a holistic approach, involving the role of parents, schools and communities in increasing digital literacy and providing a healthy understanding of social media use.

Parents and teachers must be actively involved in educating teenagers about the responsible and healthy use of social media. This includes an open conversation about the risks and benefits, as well as providing direction about time limits for use.

In addition, efforts need to be made to increase teenagers' awareness of the psychological and physical impacts of excessive social media use. They need to be empowered with the skills to manage their time effectively and make healthy choices in social media use.

With such a comprehensive and collaborative approach, we can help teens take advantage of social media while protecting them from the negative impacts it may have. Let us commit to creating an environment that supports healthy growth and development for our future generations.

Thank You.

