The Impact of Social Media on Academic Performance

In the digital age, social media has become an integral part of students' lives. Platforms such as Facebook, Instagram, and TikTok offer opportunities for communication, collaboration, and even learning. However, the excessive and unregulated use of social media can adversely affect academic performance.  
Research indicates that students who spend more than three hours daily on social media tend to have lower grades. This is often due to reduced attention span, procrastination, and sleep deprivation. On the positive side, educational groups and content sharing can enhance knowledge acquisition when used wisely.  
In conclusion, while social media has both positive and negative effects, its impact on academic performance largely depends on how it is utilized. Educational awareness and time management are key to leveraging social media constructively.