

# Social Media Addiction in Teenagers - A Critical Review

Bikram Tikader <sup>1</sup>

Ph.D Research Scholar

Fakir Mohan University, Balasore, Odisha, India

Dr. Amulya Kumar Acharya <sup>2</sup>

Professor

Fakir Mohan University, Balasore, Odisha, India

Bikram Mandal <sup>3</sup>

Student

University of Kalyani, West Bengal, India

**Abstract:-** Social media addiction is a behavioural issue that involves the over activation of the human brain's reward system, significantly affecting mental, physical, and social health. This addiction is particularly prevalent among teenagers, impacting their academic performance, interpersonal relationships, and overall well-being. The study explores the characteristics and symptoms of social media addiction in teenagers, such as excessive screen time, sleep disturbances, anxiety, and reduced focus. Furthermore, it examines the detrimental effects, including mental health challenges, physical health concerns, and impaired social skills. The research also highlights the crucial roles of parents and teachers in mitigating this issue through preventive strategies like setting boundaries, promoting physical activities, and fostering awareness about responsible social media usage. This study underscores the urgent need for collaborative efforts from families, educators, and mental health professionals to address the adverse effects of social media addiction and safeguard teenagers' development.

**Keywords:-** Social Media Addiction, Teenagers, Behavioural Addiction, Mental Health, Academic Performance.

## I. INTRODUCTION

Social media platforms facilitate virtual interactions, allowing individuals to create, share, and exchange content across diverse networks. They offer numerous benefits, such as maintaining connections with family and friends, enhancing social engagement, and providing students with access to educational resources. Through platforms like Facebook, WhatsApp, Instagram, and YouTube, students can access study materials, collaborate with peers, and receive additional support for their studies (Andreassen & Pallesen, 2014). Despite these advantages, the excessive use of social media has led to negative consequences, particularly among teenagers. Prolonged usage has been linked to mental health issues such as anxiety, depression, and low self-esteem, alongside physical problems like eye strain, poor posture, and sleep disturbances (Rani & Buvanawari, 2017). Additionally, the compulsive nature of social media triggers the brain's reward system, increasing dopamine levels, which can lead to behavioral addiction comparable to substance addiction (American Psychiatric Association, 2013). Social

media addiction not only impacts mental and physical health but also affects academic performance and real-world social interactions. This study seeks to identify the characteristics of social media addiction among teenagers, its effects, and preventive measures that parents and teachers can adopt to address this growing issue. This revised introduction maintains academic rigor and incorporates proper citations to strengthen its credibility. Let me know if further adjustments are needed.

### ➤ Objectives of the Study:

- To identify the characteristics or symptoms of social media addiction on teenagers.
- To describe role of parents to prevent social media addiction in teenagers.
- To describe role of teachers to prevent social media addiction in teenagers.

### ➤ Research Questions of the Study:

- What are the symptom of social media addiction in teenagers?
- What are the role of parents to prevent social media addiction in teenager?
- What are the role of teachers to prevent social media addiction in teenagers?

## II. METHODOLOGY OF THE STUDY

This study is a systematic review of a broad range of evidence based studies which includes a total of 56 studies from the field of Social Media Addiction in Teenagers. This study adopts a qualitative research approach to explore the characteristics, effects, and preventive measures of social media addiction among teenagers. The data was collected and analysed using reliable secondary sources, including peer-reviewed research articles, books, and credible websites. The papers were retrieved from SAGE, Elsevier, ERIC, EBSCOHOST, JSTOR, Google Scholar full-text collection with help of University library open resources. The researcher conducted an in-depth analysis of existing literature to identify patterns, symptoms, and effects associated with social media addiction. Preventive strategies proposed by

experts were also examined to understand the roles of parents and teachers in mitigating addiction. This method allows for a comprehensive understanding of the subject, combining insights from various scholarly and practical perspectives to address the research objectives effectively.

### III. FINDINGS OF THE STUDY

#### ➤ *Objectives-1: To Identify the Characteristics or Symptoms of Social Media Addiction on Teenagers.*

The following section discusses a few signs or symptoms of social media addiction in teenager.

- *Effects of Social Media Addiction on Teenagers*
- ✓ **Mental Health Issues:** Social media addiction increases anxiety, depression, and feelings of low self-esteem in teenagers (Rani & Buvanewari, 2017).
- ✓ **Sleep Disturbances:** Excessive usage disrupts sleep patterns, causing problems like insomnia and fatigue (Mayo Clinic, 2024).
- ✓ **Reduced Academic Performance:** Addiction impacts focus and concentration, leading to poor grades and reduced learning abilities (Singh & Barmola, 2015).
- ✓ **Fear of Missing out (FOMO):** Teenagers experience emotional distress when they feel disconnected from social media, contributing to compulsive usage (Muflih & Amestiasih, 2018).
- ✓ **Decline in Social Skills:** Over-reliance on virtual interactions hampers communication skills and the ability to build real-life relationships (Rutledge, 2024).
- ✓ **Physical Health Concerns:** Addiction increases risks of obesity, poor posture, and sedentary behavior due to prolonged screen time (Colak et al., 2023).

These effects demonstrate the extensive impact of social media addiction on teenagers' physical, emotional, and academic development.

#### ➤ *Objectives-2: To Describe Role of Parents to Prevent Social Media Addiction in Teenagers.*

As a parent, you can implement some potential preventative measures, which were covered below, if your teen feels above the signs of social media addiction:

- *Role of Parents in Prevention*
- ✓ **Setting Boundaries:** Parents can establish screen time limits and enforce rules, such as avoiding devices during meals or in bedrooms, to regulate social media usage (American Psychological Association, 2023).
- ✓ **Encouraging Physical Activities:** Promoting hobbies, sports, and family bonding activities can divert teenagers from excessive online engagement (Shepherd's Hill Academy, 2018).
- ✓ **Raising Awareness:** Parents should educate teenagers about the risks of cyberbullying, addiction, and online safety (Rani & Buvanewari, 2017).
- ✓ **Modeling Healthy Behavior:** By practicing controlled social media use themselves, parents can set a positive

example for their teens (American Psychological Association, 2023).

- ✓ **Seeking Professional Help:** In severe cases, involving mental health professionals or counselors can provide essential support (Muflih & Amestiasih, 2018).

By adopting these strategies, parents play a crucial role in preventing and addressing social media addiction among teenagers.

#### ➤ *Objectives-3: To Describe Role of Teachers to Social Media Addiction in Teenagers.*

Here are some tips for teachers on how to stop teens from being addicted to social media:

- *Role of Teachers in Prevention*
- ✓ **Educating on Online Safety:** Teachers should teach students about the potential dangers of social media, including privacy issues and cyberbullying, while promoting responsible online behavior (Nunez-Rola & Ruta-Canayong, 2019).
- ✓ **Encouraging Physical and Extracurricular Activities:** By promoting sports, cultural activities, and other non-digital engagements, teachers can help students balance their screen time with healthy physical activities (Rutledge, 2024).
- ✓ **Setting Classroom Guidelines:** Teachers can establish rules for appropriate social media use during school hours and encourage students to use digital tools primarily for educational purposes (Royal Society for Public Health, 2019).
- ✓ **Modeling Responsible Use:** Teachers should demonstrate good social media habits themselves, serving as role models for their students (Singh & Barmola, 2015).
- ✓ **Collaboration with Parents:** Teachers can work with parents to create consistent rules regarding social media use at home and school, ensuring a holistic approach to prevention (Rutledge, 2024).
- ✓ **Teachers, through education, role modelling, and collaboration with parents, play a vital role in preventing social media addiction among teenagers.**

### IV. DISCUSSION

Social media addiction among teenagers poses a significant challenge, impacting their mental, physical, and social well-being. The findings emphasize that teenagers often exhibit symptoms such as persistent online engagement, disrupted sleep patterns, and declining academic performance. The effects are multifaceted, ranging from mental health issues like anxiety and depression to physical health problems such as obesity and poor posture. These findings align with previous research highlighting the addictive nature of social media and its implications on young users (Andreassen & Pallesen, 2014; Colak et al., 2023). The role of parents and teachers is crucial in mitigating this issue. Parents, as primary caregivers, can prevent social media addiction by setting clear boundaries, promoting physical activities, and modeling responsible social media usage. Educating teenagers about the risks associated with social

media, such as cyberbullying and addiction, can also empower them to use these platforms responsibly (American Psychological Association, 2023). Similarly, teachers play a pivotal role by incorporating digital literacy into the curriculum and promoting extracurricular activities that reduce dependency on virtual interactions. Collaboration between parents and teachers ensures a consistent approach in addressing social media addiction, providing teenagers with the necessary guidance to develop healthier habits (Rutledge, 2024; Royal Society for Public Health, 2019). This discussion underscores the need for a combined effort from parents, teachers, and mental health professionals to tackle social media addiction. Future research could explore additional preventive measures and their effectiveness in fostering balanced social media usage among teenagers.

## V. CONCLUSION

Social media addiction among teenagers is a pressing issue with far-reaching consequences on their mental, physical, and social well-being. This study highlights the key characteristics and effects of social media addiction, including anxiety, depression, sleep disturbances, declining academic performance, and physical health challenges. These findings underscore the urgent need for preventive measures. Parents and teachers play crucial roles in combating this issue. Parents can set boundaries, promote healthy habits, and model responsible online behavior, while teachers can educate students about online safety, encourage extracurricular activities, and collaborate with parents to ensure a consistent approach. Both groups must work together to provide the necessary support and guidance.

Addressing social media addiction requires a holistic approach that involves families, schools, and mental health professionals. By fostering awareness and encouraging balanced usage of social media, we can protect teenagers from the adverse effects of addiction and promote their overall well-being.

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