

Impact of Social Media on Children in Maharashtra -A Review

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Abstract: *The way social media affects kids in Maharashtra is something we need to understand. Social media can be good for Learning and making friends but it can also be bad. If kids spend too much time on it or face problems like cyberbullying, it's important to figure out how parents can help the need for more studies and take teaching to make sure social media is safe and helpful for kids in Maharashtra.*

Keywords - Importance of social Media, effect mental health and physical health, cyberbullying and Impact.

Introduction: social media is like a big playground on the Internet where children in Maharashtra love to hang out. It is a place to make friends, share fun stuff and learn new things but like any playground it has its ups and downs.

In this study, we're going to talk about how social media affects kids in Maharashtra. We want to find out the good things like making friends and learning cool stuff but we also want to know about the not so good things like being mean to each other for spending too much time on screens. So let's explain how social media can be awesome and sometimes tricky for kids in Maharashtra. We will look at what age has to do with it, how much time kids spend online and how parents can help. It's like a digital adventure we're about to embark on!

Importance of Social media:

1. **Education:** Many educational platforms available for kids. It helps to explore new things.
2. **Creativity:** It enables the students to be more creative at a different social platform like Tiktok, Twitter, Instagram, short reels on Facebook using all these applications children start making different videos. It also enhances children's creativity like dance, acting and singing.
3. **Communication:** It helps them practise communication skills and Express their thoughts and feelings.
4. **Awareness:** They can learn about important events, news and causes that matter in the world.
5. **Support:** Social media can be a place to find support and advice on various topics like School hobbies or personal issues.
6. **Entertainment:** Social media provides a wide range of entertainment from videos to memes, enhancing leisure time.

7. **Information sharing:** Social media serves as a vital source of news, knowledge and information dissemination.
- Psychological Impact on kids :**
- A) **Positive psychological impact:**
- 1) **Social connection:** social media can provide kids with a sense of belonging and help them maintain friendship, particularly if they have moved or have friends at a distance.
 - 2) **Self expression:** It allows children to express themselves and share their interest and build a sense of identity.
 - 3) **Learning opportunities:** Educational information and platforms can enhance learning and skill development
 - 4) **Positive reinforcement:** likes, comments and shares can boost self- esteem and confidence.
- B) **Negative psychological impact :**
- 1) **Cyberbullying:** kids may experience online harassment which can lead to anxiety, depression and low self esteem.
 - 2) **Comparison and insecurity:** constant exposure to curated idealised images can lead to feelings of inadequacy and body image issues.
 - 3) **Addiction and sleep disturbance:** Excessive use can lead to addiction like behaviour and negatively affect sleep patterns.
 - 4) **Increased irritability:** Excess use of social media may cause irritability from other things like homework, outdoor sports and other things.
 - 5) **Lack of concentration:** Social media affects their concentration power. It affects their studies and life.
 - 6) **False marketing :** Kids are attracted towards many False things like chocolate, toys, Gazette and many more advertising.
 - 7) **Behaviour problem :** violent content on TV and screens can contribute to behaviour problems in children either because they are scared and Confused by what they see or they try to mimic on screen characters.
 - 8) **Problematic internet use :** When kids spend too much time on the Internet. they can develop a problem called 'Problematic Internet use'. This is a bit like an addiction to being online. Some kids who play a lot of video games can even have a disorder called 'Internet gaming disorder'. They spend so much time online that they don't seem to care as much about real- life friends and activities. This can lead to feelings of sadness.
 - 9) **Risky behaviour:** When kids share pictures and videos on social media that show them doing things like using drugs and it engaging them.

Literature review:

1. Journal of the American Academy of child and adolescent psychiatry 40(4), 392-401,201

This study looked at how social media affects teenagers. We talked to young people in Albania who use social media a lot and here's what we found.

Good things about social media for teens:

1. It helps them talk to others and learn things.
2. They become better with technology.
3. They learn how to use this new technology effectively. But, there are some bad things too:
 1. Some teams get sad Or upset when they use social media. Which is called "Facebookdepression".
 2. Some kids get bullied or harassed online.

In the end, we gave some ideas for more research in this area.

2. International journal of environmental research and public health 19(16), 9960,2022

Kids and teenagers are using social media a lot, especially during the covid- 19 pandemic. They often use platforms like Instagram, TikTok and YouTube. This can be good for staying in touch with friends and doing schoolwork. But there are some problems linked to social media use, especially for young people. These problems include feeling sad eating habits and mental health issues. There are also concerns about sleep, addiction, anxiety and more.

Doctors and caregivers need to be careful and help kids use social media in a healthy way. They should watch for signs of trouble and try to prevent problems.

Conclusion: The impact of social media on kids in Maharashtra is a multifaceted subject. While it offers numerous benefits such as educational opportunities, creativity enhancement, and social support, there are also significant concerns like cyberbullying, psychological effects, and risky behavior. Striking a balance between the positive and negative aspects is crucial.

Parents play a pivotal role in guiding their children's digital experiences, ensuring a safe and constructive online environment. Education and awareness programs can empower both parents and children to navigate social media responsibly. Further research and collaboration are needed to develop effective strategies that promote the positive aspects of social media while mitigating its potential drawbacks, ultimately fostering a healthier digital landscape for kids in Maharashtra.