dependent and the official Website of DepED Division of Bataan

PROS AND CONS OF SOCIAL MEDIA ON STUDENTS' LIFE

by: **Corazon Q. Nazareno** Teacher II, Magsaysay National High School

Social media has greater convenience on daily life basic needs. It is a way of communication in online networks where individuals or groups can produce, share, and/or exchange knowledge and concepts. but frequent use of social media has positive and negative effects on the lives of its users, especially teens.

Today's generation, which is called themselves "millennials" spend most of their time on social media using modern technology. The amount of time spent on social sites is astounding wherein average teens ages 13 to 18 spends about nine hours on social media each day; tweens ages 8 to 12 are on for about six hours a day based on the results of certain research. These millennials are social media dependent in which their daily routine activities like communicating with family or friends, means of studying, accomplishing tasks, etc, are merely on social media. However, along with the benefits of using these social media platforms, they regret doing other things like playing outside and making friends after a long tiring day in school, but instead, they still stay with their gadgets and play online games. Even kids nowadays, at the age of three, use gadgets, and entertain themselves with mobile games and watching videos online.

Being updated is one of the best features of social media, but it can also lead to cyberbullying if users like teens are too exposing their lives to these apps. It is easy to communicate slyly with social media rather than with the honesty required in face-toface communication. Teenagers are conscious about posting selfies on social media, but the negative feedback they received would affect their feelings of self-worth.



Technology is a big help when you use it properly, and social media use supports or hinders education to make students broaden their perspectives on new ideas and topics. It is a powerful tool for educators to interesting and interactive lessons to get students excited about learning. Live-streaming for example is one of the most popular ways used in education wherein, students can learn anytime, anywhere. Live-streamed classes are convenient and cost-effective; they also offer an engaging way for teachers to reach learners who may be unable to attend class due to issues like illness.

On social media, youth "come out of their shells" and express their true identities in such a way of how they express themselves as most do in "Tiktok" apps. Their ability to write and express their thoughts on social media helped to bolster their self-confidence and enjoy life by looking back on memories to keep over time.

References:

Dalomba, Frances. 2022. "Pros and Cons of Social Media". https://www.lifespan.org/lifespan-living/social-media-good-bad-and-ugly

Sivakumar, R. Md. 2020. "EFFECTS OF SOCIAL MEDIA ON ACADEMIC PERFORMANCE OF THE STUDENTS". https://tojdel.net/journals/tojdel/articles/v08i02/v08i02-03.pdf

Ullah, Rehmat. 2023. "Pros and Cons of Social Media for Youth and Students". https://techbaji.com/technology/pros-and-cons-of-social-media/

Viktoriya, Sus. 2023. "27 Social Media Pros And Cons". https://helpfulprofessor.com/social-media-pros-and-cons/

