

THE IMPACT OF FACEBOOK ON THE YOUTH TODAY

by:

Maria Cristina B. Belino

Teacher III Pinulot Elementary School

After the pandemic hit the world, more teens have been exposed to social media. This results in heavy usage of whatever platform is available, like Facebook. Since most teens are shut inside their homes during lockdowns, they keep on using Facebook to read and share news, talk to friends, and look for other entertaining features of the said platform.

As one of the social media platforms, Facebook has reached millions of people and continues to increase its users. It has played a big part in everyone's lives as it allows us to create virtual identities to communicate and develop social networks with others. But how does Facebook affect the youth today?

The youth as students or learners. Facebook helps spread information through groups, conversations, posts, and can be conveniently used by students for academic purposes. Furthermore, Facebook has been observed as a factor in the studying methods of students for they rely on the files and schedule of examinations by teachers. However, it can also lead to misinformation and can cause rampant cases of sharing fake news. Overall discretion and guidance of parents and teachers are highly encouraged.

The youth as family members. Facebook is a reliable medium for letting the youth communicate with their parents, especially if they are OFWs or they live far from their families. It establishes the parent-child relationship through Facebook posts, photos, and memories shared. Since some adults work onsite or far from their homes due to the pandemic situation, Facebook lets teens stay in touch with their families.

The youth as Gen-Zers. Belonging to the 21st-century generation, youth can be seen as active users which contributes to the standing of the Philippines as the “social capital of the world” in 2011. For teens who feel isolated or ostracized, Facebook can be their lifesaver. It makes them more connected with people who feel the same way they feel. However, Monroe (2022) stated that the impact of social media on youth can also be significantly detrimental to mental health. It has come to observations that social media is closely linked with teen depression. Furthermore, overuse of the apps exposes teens to cyberbullying, body image issues, and tech addiction, and results in less time spent doing healthy, real-world activities (Monroe, 2022).

It is true, that using Facebook has both its fair share of pros and cons. And when it comes to teens using social media platforms, the effect can be drastic and significant. Let us not forget to use such platforms responsibly.

References:

Monroe, J. (2022, February 11). How Does Social Media Affect Teenagers? Newport Academy. Retrieved from <https://www.newportacademy.com/resources/well-being/effect-of-social-media-on-teenagers/>