

LIMITING SOCIAL MEDIA USE AMONG LEARNERS: A PROACTIVE GUIDANCE MEASURE

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The world became extremely digitally technological and one of its fruits, social media, has been dubbed as the most influential platform.

An enormous percentage of the world's population is exposed to social media on a daily basis particularly the youngsters. Thus, it is critical for the parents to be proactive about its potential downsides especially when the usage is excessive for the learners. Despite the benefits of engaging online, it is essential for parents to limit their children's use of social media to safeguard their well-being, academic performance and social aspect.

Mental issue is much talked in today's world. It has been gaining attention given the issue of excessive use of social media; hence, research found linkage in these two. People acquire a different perspective of ideal life that is far different from reality which as a result make them feel inadequate and envious of themselves.

Cyberbullying causes various mental illnesses. Online harassment and psychological turmoil are the effects of cyberbullying. If parents would be actively present in their children's use of social media then these harms can be avoided and they would be able to guarantee their children's safety and security.

Unguided use of social media can also take the attention of learners away from their academics. Various research have already shown too much social media exposure can reduce focus, dull memory, and disrupts time management skills. It could also destroy study habits which hampers learners achieve their holistic development. A healthy environment for learners will be achieved by setting boundaries for them.

Through this, parents are actively and responsibly molding their children's capabilities and potentials by rerouting their energy and time for more vital activities.

Aside from the mental effects of excessive social media use, it could affect learners physically. Scrolling on social media sitting for hours reduces time for movement or exercise which leads to risk of getting obese, eye problems and other health-related concerns. It also disrupts sleeping patterns which affects body clocks and even the quality of sleep. As a result, due to the feeling of having inadequate sleep and less energy, people tend to work less. Parents who limit the use of social media of their children promote healthy lifestyle.

The absence of guidance and limitation, learners may be exposed to inappropriate content such as violence, abuse and scams. Social media is being used for a lot of purposes nowadays - positive and negative. Some social media users take advantage of it exploiting information and minorities. Consistent monitoring and limiting social media use is a responsibility of parents that will protect their children's wellbeing.

In today's highly-technological world, governments should also take part in ensuring learners' safety and security online. Policies should be made so that every parent will be obliged to be responsible of their children's use of social media. Online crimes will be one less of a problem and above all, children will be provided with safe and healthy environment. Children belong to minority groups; they have to be safeguarded from all dangers possible if we want them to be the torch bearers of this world's future.

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