

SOCIAL MEDIA: ENVELOPING THE WORLD WITH ITS LIMITLESS POWER

by:

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Since the new era of the world has arisen in our naked eyes, different pros and cons have also been gradually eating our system of life.

Technology, for instance, is one good example of a factor that allows us to view our world from a different perspective. It's boons and banes were known but somehow not being responsibly controlled by all people.

Though the advantages brought about by various social media platforms to the lives of many are very obvious, it is also clear that there are instances that they were abused and utilized erroneously.

Social media apps including TikTok, Facebook, Instagram, Twitter, etc., that are included in this fast-phased technology are now the rampant ones that take over the lives and lifestyles of many, leading them to have a social media addiction. Why? Because individuals, particularly the teens nowadays want to be "liked", "seen" and "connected" with the majority. They want the feeling of being heard and given compliments to boost and uplift themselves.

Since teenagers today are becoming more dependent on technology, they are now considered the most active users of social media (Newport Academy, 2023). In the past years, researchers and scientists have discovered that the number of negative cases connected with social networking and mental health issues have been exponentially rising. Today, it appears to be that social media addiction is a new behavioral addiction targeting the vulnerable minds of adolescents.

Locally or internationally, the negative effects of social media can be evidently seen, causing more teenagers and adolescents to suffer depression, anxiety, and other mental health concerns (The Annie E. Casey Foundation, 2023).

Given the negative effects of technology, parents have even greater responsibility in managing and guiding their young ones to avoid being succumbed in the world of technology's limitless power.

Lenhart, Madden, Smith and Zickuhr (2011) stated that there are ways or approaches to guide the teens on the topic of social platform safety. Parents can have a meaningful and casual talk with their teens focusing on the risks brought about by the different utilizations of online platforms. They can also help their teens in clarifying their thoughts and confusions on whether the social platform they are clung into can really help them in making their lives more productive and successful. In addition, they can also provide extra guidance through monitoring the sites visited by their child on their laptop or any other gadget. Of course, as a parent, they also need to be mindful of protecting their child's privacy while ensuring its online safety.

Aside from parents, teachers and the entire school, for that matter, also play a vital role in inculcating and nurturing the minds of the youth on setting boundaries and being a responsible individual who are more vulnerable in the darker side of social media.

As Pickard (2023) cited, parents should embed in their children's minds to think before they post anything in order to avoid any negative potential issues or concerns. By teaching the kids to be responsible in utilizing the maximum strengths of technology, they allow them to be critical thinkers who are more knowledgeable in differentiating and evaluating millions of information available on any online platform.

Today, we live in a realm where technology is silently creeping in every fiber of our connection to the world. Thus, it is now of our wisdom to discern whether our

teamwork with this advancement can either enhance or destroy us. The choice is up to us!

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