

## THE IMPACT OF SOCIAL MEDIA TRENDS ON THE BEHAVIOR AND ATTITUDE OF JUNIOR HIGH SCHOOL STUDENTS

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Over the past years until now, the use of social media has been more widespread and relevant among the society. People have been more dependent on social media as a way of getting information, entertainment, and as a way of procrastinating.

Ever since the creation of social media, the lives of people have changed, mostly with the not-so-great influence of social media. According to Dalomba, F. & LICSW (2022), the time spent by teenagers in social media, age 13-18 is about 9 hours each day; teens age 8-12 are on it for about 6 hours a day. There has been a lot of concern about social media being a bad habit of teenagers, starting from the increased usage, up to the addicting factors, and also the fear of missing out (FOMO) while being selfie-holics. Social media can affect our mental health, as we human beings are social creatures who need companionship of others to be able to succeed in life, it has a great impact on the mental wellness and happiness of someone, and it can be a huge risk to mental health as well as to the emotional health (Robinson, L. et al, 2023).

In the Philippines, a lot of Filipinos spend almost 3 hours and 43 minutes which is significantly higher than the global average rate of 2 hours and 31 minutes (NEWSBYTES.PH, 2023). According to Kemp, S. (2023), 9.7% of social media users in the Philippines are from the age bracket of 13-17 and 12.6% percent is from the age bracket of 18-24. Moreover, studies show that teenagers have been affected by social media in many ways like loss of focus, obscenity, lack of responsibility, and cyberbullying. Moving on to the health impacts, its usage might cause poor eyesight, obesity, malnutrition, and the carpal tunnel syndrome (Philippines Education, n.d.).

The social media has been really popular with students, in fact, in Morong National High School, it is really obvious that the social media has been really dominant with the students and so as the trends circulating around the social media's algorithm. Furthermore, it is observed that the social media trends have directly affected the student's lifestyle and way of interaction towards people or the environment, from the clothing style, to the trending accessories, and to the way they act.

### *References:*

Dalomba, F. (2020). Advanced Technology in Modern Age. Retrieved on May 03, 2024 from <https://doi.org/10.1057/s41599-023-01705-y>