

The Impact of Technology on Adolescent Social Change:

A Case Study on the Use of Social Media

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Abstract—The use of social media as a medium of communication is increasing from year to year. Technology has influenced people's lives and the environment. The purpose of this article is to investigate whether technology can influence adolescent social change. **Materials and Methods** We performed a systematic database search on Scindirect for studies on adolescents and / or young adults (ages 10-19; ages 18-25) in the UK, China and UK. From the review of the article, it is found that there is a significant relationship between social media users and adolescent social behavior. The findings show that the use of positive social media is used wisely and has a negative impact if misused.

Keywords—communication technology, adolescent, social change

I. INTRODUCTION

It cannot be denied that social networking sites are an inaccessible part of life for many people and, in particular, for teenagers. The Ministry of Communication and Information Technology revealed that internet users in Indonesia currently reach 63 million people. Of these, 95% use the internet to access social networks. The most accessed social networking sites are Facebook and Twitter. Indonesia ranks the 4th largest Facebook user after the US, Brazil and India. In addition, Indonesia is ranked as the 5th largest Twitter user in the world. Indonesia's position is only behind the USA, Brazil, Japan and England.

The growth of social media sites has a major influence on efforts to present themselves, so that individuals use strategies and make choices to influence love and respect to be accepted by others [1]. The social environment motivates them to express emotions to those around them to seek help, support, confide in or get validation for their feelings [2]. As social beings, humans are intrinsically motivated to share their personal experiences with others and to seek their attention [3].

The use of social media is both positive and negative, with most participants reporting negative overall experiences including difficulty managing time, experiencing stress due to

content that triggers hostility and cruelty, and bullying. Positively the benefits of social media include making it easier to socialize and exchange information in social relationships, content that increases positive influence to hone hobbies, and resources for mental health. Overall, the documented risks and benefits of social media use correspond to existing risks and protective factors for suicidal thoughts and behavior [4].

Social media has rapidly changed the way teenagers socialize and interact with one another, which has contributed to the ongoing debate about whether social media is helping or harming today's teens. Therefore, it is important for parents, educators, and teens to better understand the use of social media. This article examines the implications of social media for adolescent development and adolescent mental health, looking at the ways in which social media can be of great help to adolescents in the midst of physical distancing, as well as social modes. Media behavior can have a negative impact on adolescent physical and mental health so far, supported by findings [5], social media can have negative consequences for adolescents depending on how and when they use it.

II. LITERATURE REVIEW

In this section the authors present articles that have been carefully analyzed from abstract, objective, and analytical data from the researchers' initial questions to gather information about the influence of technology on adolescent social change.

Impact of using social networking sites on health-related outcomes among British Adolescents. This study theorizes and examines the impact of social networking site use on adolescent health outcomes. Using data from a 2015-16 sweep of the Millennium Cohort Study, social network use and its effect on sleep duration, healthy eating (fruit / vegetable intake, breakfast eating), and personal health of 11,406 adolescents (13-15 years). For this, a model is built and tested with SPSS. Daily use of social networks related to general health; and this effect is created by a decrease in sleep duration and a decrease in healthy eating. Women who have a higher risk of being effective by the extent of their use of social networks,

compared to men. These findings contribute to an understanding of the potential use of social media in adolescents. They furthermore demonstrated established sex differences in sleep duration and healthy eating patterns. From that point of view, strategies are aimed at helping adolescents sleep hygiene and despite healthy food intake. The use of social networks can limit the use of social media [6].

Research under the title of drivers for bedtime social media use regardless of sleep costs: Youth perspectives. Social media use before bedtime, sleep deprivation during adolescence, which in turn leads to poor mental health, daytime dysfunction, and lower academic achievement. However, the underlying drivers of these bedtime social habits are still unknown. The study adds a youth perspective on motivation for use of social media before bed and the impact it has on sleep. The sample was adolescents aged 11-17 years ($n = 24$) included in the discussion group exploring their experiences in using social media, especially at night. Inductive reflexive thematic analysis resulted in them capturing the underlying drivers of social media use and their associated impact on sleep. . Results: Our analysis resulted in two overarching themes of adolescent social media use of the evening based on negative play for real-world relationships. These findings offer new insights into why teens may choose to prioritize social media sleep. Researchers and considering the needs of today's growing needs of adolescents by implementing the use of social media not as a technology-based activity, but as an embedded social experience supported by the same concerns as offline interactions [7].

Further findings regarding the use of social media in nutrition interventions for young adolescents and adults. Social media is a potentially interesting way to support youth and young adults in maintaining healthy diets and learning about nutrition. The results of the article analysis found that the social media component allows users to communicate or share information with peers [8].

The relationship between adolescent social media use and mental health symptoms, especially depression. Several studies have cited a statistically significant relationship between adolescent social media use and depression and have pointed out that parents should use adolescent social media to protect their mental health. The association between self-reported social media use and depressive symptoms suggests other factors that act as significant moderating relationships [9].

Research on the longitudinal effects of adolescent depressive symptoms on interactions in technology-based social comparisons and seeking feedback. A total of 816 youth participated in three points, each one year apart. Adolescents based on technology, depressive symptoms, and the frequency of technology (cellphone, Facebook, and Instagram). Many model group growth curves (by sex) of simultaneous and lagging effects of underlying depressive symptoms on adolescence and total frequency of technology use. The results showed that the rates of depressive symptoms were co-existing with the greater the social media thereafter. The importance of

social media as a unique context in which depressed adolescents may be at risk of experiencing deviant interpersonal behavior [10].

III. DISCUSSION

Technology that is very important, namely, social media which plays an important role in the lives of contemporary adolescents. Studying health outcomes has always been of particular interest to various stakeholders because they lead to the happiness and physical and psychological well-being of people. On the other hand, despite its contribution, this study has several limitations. First, heavy use of social media networks can lead to other unwanted outcomes, including school and family problems. So, this issue is worth exploring in future research. Second, this study relies on data collected in one country (namely the UK). However, because national culture can influence people's behavior, perceptions, and technology use [11]. The findings of this study must be replicated elsewhere in the cultural context. This study relies on self-reported measures that may be influenced by various personal biases. To avoid this problem, future researchers are recommended to use implicit measures that indirectly capture interesting constructs [12-14].

IV. CONCLUSION

Based on the results of a review of articles that have been carried out by social media, they affect the behavior of social adolescents. Excessive use of social media can have an impact on the general health of adolescents due to social interactions with other teenagers, addiction to using social media and lead to irregular sleeping and eating behaviors. The results of research on technology on adolescent social change. The development of technology has two impacts, namely negative impacts and positive impacts especially among adolescents, namely: First, the positive impact of technological developments in education is able to create good learning activities, makes it easier for students to find learning resources, and with technology can help students learn. The implementation of technology in teaching and learning makes students more attractive to learn, Second, the negative impact of technological development, one of which is the low character value, especially from social life, the lack of student communication with the surrounding environment, the low level of concern for others, the development of technology is misused for games that make negligent in terms of worship.

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