Exploring the Impact of Social Media on Teenagers

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Abstract. With today's rapidly developing technology, the usage and influence of social media has become a critical issue of concern. So is the impact of social media on the development of society and people positive? With the penetration of the Internet into thousands of households, will the popularity of social media have a positive effect on the sensitive group:teenagers? Social media does more harm than good for teens. This article mainly studies the impact of social media on teenagers. By sampling various websites and articles, this article aims to more objectively and clearly reflect the advantages and disadvantages of social media on teenagers, and to explore the in-depth impact of social media and if it produces negative impact solutions. Through systematic review, this article also shows the importance of this research: the impact of social media on teenagers. The practical significance of social media research is to further understand the problem of the impact of the Internet on society, especially on young people, and to solve it as much as possible, so as to improve the quality of spiritual life of young people and even the whole society, and avoid addiction and other hazards. This is very beneficial for promoting the development of the whole society, because adolescents are the potential core force of society, and only by focusing on the physical and mental health of adolescents can we better promote social development.

Keywords: Developing technology · Social media · Sensitive group · Teenagers

1 Introduction

With the development of technology, the Internet has entered millions of households and people's lives. The basic definition of social media is that social media are interactive technologies and digital channels that facilitate the creation and sharing of information, ideas, interests, and other forms of expression through virtual communities and networks. With the popularity of the internet, more and more people choose to browse social media to spend their time in their spare time. More and more people are willing to share their lives and feelings on social media.

According to the 48th Statistical Report on the Development of the Internet in China. We can get some main data. As of June 2021, the number of Internet users in China reached 1.011 billion, an increase of 21.75 million from December 2020, and the Internet penetration rate reached 71.6%, an increase of 1.2 percentage points from December

2020. As of June 2021, 99.6% of China's Internet users used mobile phones to access the Internet; 25.6% used TVs to access the Internet; and 34.6%, 30.8% and 24.9% used desktop computers, laptops and tablet computers to access the Internet respectively. As of June 2021, the number of Internet video (including short video) users in China reached 944 million, an increase of 17.07 million from December 2020, accounting for 17.7 million Internet users. As of June 2021 However, with the rapid development of technology comes a host of problems. Teenagers are the most open and receptive to new things of all ages, they are more interested in new media such as social media than other age groups and are also the most likely to become addicted to it, as teenagers are not yet fully aware and self-managed. In recent years, with the popularity of the Internet, social media has gone deep into the lives of teenagers and become an indispensable social tool. In the latest publication of the stupidest Generation, American writer Mark Bauerlein points out that today's "Social Media Generation" has become the stupidest generation because they spend so much time on a range of online social media that they spend less time studying and reading, so their knowledge, reading ability, social responsibility and international competitiveness are no longer comparable to those of the previous generation. In recent years, more and more Chinese news reports have also pointed out that teenagers' Internet addiction is "a serious social problem that will affect the future of the country" [1].

2   Development and History of Social Media

2.1   Analysis on the Characteristics and Mechanism of Consumer Behavior

A social network is a Web 2.0 based social network structure consisting of individuals or organisations and their relationships. The purpose of social networking is to connect with others and share experiences through email, instant messaging, video and audio, etc. It has become a new Social networks have become a new bridge for interpersonal communication in the Internet era [2].

The various technologies of social media are now among the more developed. There is enough to support most of the online communication activities in society. It is also able to meet some basic information integration and sharing. This is not only thanks to the rapid development of technology, but also thanks to the out-of-the-box thinking of some pioneers who have given us the opportunity to have more platforms and resources to entertain and learn.

Social networks are based on the Six Degrees of Separation theory. Social network is an online social network built around the individual through the "friends of friends are friends" relationship, based on the "six degrees of segmentation theory". This kind of social network has the characteristics of "circles", which is similar to what Fei Xiaotong refers to a "differential order pattern" in which social networks only allow people in the circle to participate in online social interactions [3]. The people in the circle can be familiar with each other or can be can be familiar or unfamiliar with each other, but these unfamiliar people will always be familiar with one or more people in the circle. The social network is built on this concept. Social networks constructed on the basis of such a concept have some specific social networks based on such a concept have certain characteristics of a community [3].

The special community characteristics of social networks make it easier for people to find their own networks and to share and interact with information. This makes it easier for people to achieve real and spiritual satisfaction through social media. The social management between people is more efficient.

2.2 Functions and Applications of Social Media

With the steady development of China's Internet industry, network applications in China social and other social sectors, becoming an important part of economic development. The digital applications of the mobile internet are also becoming highly integrated with the digital applications of the mobile internet are also becoming highly integrated with all areas of society, becoming an integral part of people's daily social life, consumption and It has become an indispensable part of people's daily social life, consumption and logistics and transport. The mobile internet is also becoming an integral part of people's daily social life, consumption and logistics and transport.

It has become an important tool for socialising, improving the economic environment and enhancing people's well-being. As Internet applications continue to develop at a rapid pace, the relate industry management requirements are also being gradually improved, especially in recent years. The management of websites, web software applications, social mobile communication tools, mobile payment tools, commercial marketing platforms and other services The management of service social networking services such as website management, web software applications, social mobile communication tools, mobile payment tools and commercial marketing platforms has also Further regulatory requirements have been introduced. This has led to further standardisation and institutionalisation of the management of various Internet social networking and mobile tools. Tools management services are further standardised, institutionalised and systematised. The regulation has further standardised, institutionalised and systematised the management services of various social networking mobile tools on the Internet, promoting the healthy and safe development of various mobile social networking areas [4].

The main meaning and use of social media is for people to share news of resources or their lives in a particular circle or circles, with the main aim of satisfying the entertainment value of others and their own desire to share by sharing their lives and resources, thus achieving some level of self-worth. It gives people a sense of satisfaction and social need. This behaviour increases social viscosity and information integration in society.

The great significance of the birth of social networks is that people in real life have finally found a chain of relationships on the Internet. The social network was born because people in real life finally found a chain of relationships on the Internet, connecting and interweaving with each other to form This network of social ties is, first and foremost, a self-existence. This network of social ties begins with self-existence, followed by self-expression. This network of social relations, which begins with self-existence, then self-expression and self-presentation, and then interaction with others in the chain of relations sharing, which greatly enhances the efficiency of social relationship management and satisfies It is a network of relationships, first for self-presence, then for self-expression and self-presentation, then for interaction and sharing with others in the chain of relationships. From a disciplinary point of view, online social networking is

a communication concept, while social networking is a social network is a multidisciplinary concept. Social networking as an online social platform also has many overlaps with real social networking. There are many overlaps between social networking as an online social platform and real social networking as a new as a new platform for maintaining social relationships and presenting oneself, it is still only a necessary complement to real face-to-face. As a new platform for maintaining social relationships and presenting oneself, it is still only a necessary complement to real face-to-face social interaction and cannot yet replace it. It is not yet a substitute for real social interaction, nor can it establish the same ties as real social interaction. It is not yet a substitute for real social interaction, nor can it establish the same bonds of connection as real social interaction.

There are now many well established and fully functional social media applications such as instagram, tiktok, YouTube, bilibili and many more. They are all very useful for sharing information, resources and moods. However, it is undeniable that social media communication and information sharing cannot replace real life communication and sharing.

2.3 Problematic Social Media Use

Problematic social network use is a condition in which an individual's prolonged use of social networks is irresistible due to prolonged and intense use of social networks, resulting in irresistible prolonged use, and the resulting behavioral responses characterized by psychological distress and physical discomfort This is a psychosocial phenomenon characterised by psychological distress and physiological discomfort [5]. Some researchers have argued that adolescents' excessive use of social network overuse is closely related to Internet-based addictive behaviours, and social network and overuse of social networks is closely related to Internet-based addictive behaviors, and social network overuse is as common as gaming and Internet addiction. Addiction and Internet addiction can have similar negative psychological effects [6]. So the term 'social network addiction' (SNA) can be used to represent this behaviour [7]. Some studies support this, suggesting that social network overuse is another factor contributing to adolescent addiction. Use is another online activity that leads to addictive behaviour in adolescents [8]. For example, the American Psychiatric DSM-V-based Internet Addiction Diagnostic Criteria (DSM-VI) is a measure of addictive behaviour in adolescents, this phenomenon can be referred to as Social Networks Addition. The phenomenon can be called Social Networks Addition.) However, some researchers have argued, social network overuse is simply a result of inappropriate or prolonged social network use. Social network overuse is a result of inappropriate or prolonged use of social networks that causes psychological and behavioural discomfort [9, 10]. The symptoms do not reach the level of internet addiction, and the term "problematic social networking" is used for this phenomenon. It is more accurate to use the term "problematic social networks usage" for this phenomenon see Social Networks Usage is a more accurate term for this phenomenon [11].

Nowadays, the introduction of some short videos has made people more inclined to short periods of mental concentration and high-intensity excitement. Short video software such as tiktok, for example, has a habit of focusing people's attention and excitement for less than three minutes. In this way people are able to browse through the software for a long time without having to return to fatigue. The amount of information

and excitement bombarded in this way is very harmful for people to absorb some useful information and knowledge. In the long term, people can easily lose their ability to take in ordinary sources of information and lose interest in most books, films, etc.

College students who are addicted to social media often have this problem that they feel uneasy when they don't check their phones for just a few moments. Even when you forget your phone, you can still feel it vibrate or sound when you receive a new message. The vibration or sound of a new message. Such hallucinations are called "Phantom Vibration Syndrome". Phantom The phone must be on 24 h a day and social media accounts must be online 24 h a day to ensure access to all kinds of information.to ensure that you can access social apps to check the latest news to check the latest news, to check how others are reacting to what they are posting, etc. It's a compulsive tendency, like the obsessive-compulsive cleaner who is constantly washing his hands and cleaning. This is a compulsive tendency, like that of a person with obsessive-compulsive cleanliness. One of the reasons for this obsession and compulsion is the attachment to a sense of belonging. "Friending" people on social media is more important than building and maintaining relationships in real life offline. It may be more cost effective in terms of time and money than building and maintaining relationships in real life offline. The 'emotional cost', however, is not so easy to judge. For university students, even if they do not intentionally connect with real-life people even if you don't intentionally contact your real-life friends, you can still run into them on campus from time to time. But when it comes to social media to maintain stable relationships with strangers you've never met, you need to be to post new content and to react to what others post. The timing of responses is also key. Some studies have also shown that misplaced anxiety has a direct and significant impact on addictive behaviour, with higher levels of misplaced The higher the level of anxiety, the more likely users are to be addicted to mobile social media. There are millions, if not tens of millions, of people on social media at the same time. Uploading content at the same time, and a large number of people are viewing and responding to new content. So it is natural to assume that someone will read it, no matter how late it is, and that someone will respond to it by commenting or liking it. As each other responds, social media friendships tend to rise efficient friendships on social media tend to warm up quickly. In addition, university students prefer temporary and strong relationships to strong and deep ones. Students prefer temporary and extensive relationships to strong and deep ones. The number of friends one has on social media is directly related to one's reputation in the network. Therefore, to demonstrate one's social to demonstrate your social value, you need to find ways to increase your number of friends [12].

Due to this intense and highly addictive form of social interaction, users become overly dependent on social media. This leads to a number of mental problems. Users can have overly high expectations of feedback with socially for self-approval needs to be met. Once the self-expectations are not met with feedback, users can fall into severe self-doubt and feelings of emptiness.

Social networking as an open platform for self-presentation and communication as, its widespread use has changed the traditional face-to-face. The social network as an open platform for self-presentation and communication As a weak connection between people, social networks can play a role in bridging the gapas a weak connection between

people and social relationships, it can serve to compensate for the maintenance of real social relationships [13]. Some researchers have noted that the use of social networks can facilitate group identity and the maintenance of group memberships, especially for those particularly for more specific groups (e.g. minority groups, same-sex orientation groups, people with disabilities, etc.) [13–15]. It is also found that the use of social networks can promote group identity and the maintenance of group memberships, especially for more specific groups (e.g. ethnic minorities, same-sex orientation groups, disabled groups, etc.). In addition to this, the benefits of social networking go beyond the creation and development of offline and online social relationships. For example, Valkenburg, Peter and Schouten also concluded that positive feedback from peers in social networks can significantly increase the self-esteem of adolescents [14]. This not only reduces social anxiety, depression and loneliness, it can also be effective in increasing adolescents' self-esteem, happiness, intimacy and well-being, intimacy and life satisfaction [and significantly improve and significantly improve the social status of adolescents [15–17].

3   Impact of Social Media on Teenagers

3.1   Wheather or not the Teenagers Can Control Themselves When They Use Social Media

There are some netizens who like to share their lives on social media, and these lives are, for the most part, extravagant. Most of them are also teenagers, but due to dropping out of school early, as well as some other means, have acquired wealth beyond the reach of their peers. But this is not the lifestyle. Depressive symptoms are a major manifestation of problematic social networking behaviour. It is also an important predictor of problematic social networking behaviour. The relationship between problematic social network use and Internet addiction has been investigated. According to literature review, adolescents' problematic social network use may be a risk factor for Internet addictive behaviour problematic social network use may evolve into pathologically clinically significant addictive behaviours. The risk factor is that problematic social network use by adolescents may evolve into pathological addictive behaviour of clinical significance. For example, a similar study found, problematic social network use behaviours and the timing, frequency [18, 19]. The significant positive correlation between problematic social network use and the timing, frequency and intensity of social network use and internet addiction, for example, was found in a similar study [19]. This suggests that problematic social network use is an intermediate state between normal and pathological use, this suggests that problematic social network use, as an intermediate state between normal and pathological use, may be somewhat predictive of the onset of addictive behaviour.

3.2   The Impact of Problematic Social Media Use on Adolescent Physical Health

It is undeniable that teens are prone to indulging in social media. There will be behaviors such as staying up late. During adolescence, sleep is crucial. Therefore, the problem of using social media also has a certain negative impact on the growth and development of

adolescents. Teenagers who socialize online are mostly problem social network users [20]. Problematic social network use was significantly negatively associated with sleep quality. It is found that teens who continued to use social networks after turning off the lights before bed exhibit more negative emotions of depression, anxiety, and jealousy, and Suicidal intent and self-harm behavior [21].

3.3 Online Society's Self-evaluation System for Adolescents and the Formation of Jealousy

There are too many full marks on people's lives on social media. And some people will forge very perfect characters for personal gain or some other purpose. This can have many negative effects on adolescents' self-evaluation and orientation. Most children belonging to middle-class families pursue a luxurious life. In addition, teens have more negative self-assessments of themselves when they see their friends doing well or better than them on Facebook [22, 23]. Festinger believes that social comparison is mainly and Compare yourself with others who are similar to yourself to confirm that you are similar to others properties [24]. However, on social networks online, teens tend to show their best self, even Use false self-presentation to gain attention from others and gain loyalty extreme psychological experience.

3.4 Adolescents' Life Satisfaction and Well-Being in Relation to Social Media

Social media provides a more convenient and richer platform for young people to acquire knowledge and information. Social media has also made life more convenient. For example, some people like to follow trend bloggers on Xiaohongshu to learn how to dress. On bilibili, there are more and more learning bloggers offering experiences to teenagers. However, is it true that social media increases teens' life satisfaction and well-being as we imagined.

Quite the opposite, real-life teens don't benefit from social media to boost their well-being and satisfaction. It is the desire to use social networks to subordinate inner satisfaction because of inner emptiness, and this behavior often has a more negative impact on teens.

The main purpose of socializing is to reduce psychological anxiety, depression and loneliness, Access to social support and increased life satisfaction. So, problematic Social networks use behavior as a negative way of behaving, also Negative psychology such as depression, loneliness, and social anxiety is bound to Impact. Studies have pointed out depression and social anxiety can directly predict problems in adolescents topical social network use, and found that adolescents have Using Outcome Expectations to Moderate Social Anxiety and Problematic Socialization network use relationships [25].

4 Conclusion

Although social media has certain psychological and physical benefits for teens, overall it does more harm than good. We have to look at social media rationally and use it correctly. Make it a tool, not a blade, to help teens grow. People can still come up with

some ways to deal with it, although it is impossible to completely solve most problems. We can intervene in problems using social networks.

From the internal and external research literature, research content using problematic social networks is more focused on: (1) describing the psychological and behavioral relationship between variables and using problematic social networks; (2) examine negative effects discussing the effects of social networking problems on adolescents' psychological development; (3) Explain the systemic mechanism of troublesome social network use. Many of these three areas of research are based on basic research, with studies that can improve public understanding of the phenomenon. But interventions and quotations for problems related to social network use still do not lead research. Schools and parents should pay more attention to the use of social media by teenagers to avoid unnecessary troubles in the growth of teenagers, so that teenagers can use the Internet in a healthier and more efficient manner, and make the Internet a help in the growth of teenagers instead of harm.

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