

How to Cite:

Rani, P. L., & Buvaneswari, G. M. (2022). Digital detoxification among late adolescence - Need of the hour. *International Journal of Health Sciences*, 6(S1), 6560–6572.
<https://doi.org/10.53730/ijhs.v6nS1.6402>

Digital detoxification among late adolescence - Need of the hour

Ms. PL. Rani

Ph.D Research Scholar, Department of Social Work, Cauvery College for Women (Autonomous) affiliated to Bharathidasan University, Trichy,
ORCID ID: 0000-0002-5818-4573

Email: rani.sw@cauverycollege.ac.in

Dr. G. Mettilda Buvaneswari

Associate Professor & Head, Department of Social Work, Cauvery College for Women (Autonomus) affiliated to Bharathidasan University, Trichy,
ORCID ID: 0000-0002-6816-6299

Email: metilda.sw@cauverycollege.ac.in

Abstract---The use of media device, such as smartphone and tablet, is currently increasing, especially among the youngest because adolescents often feel the necessity to use a media device as a means to construct a social identity and express themselves. For some children, smartphone ownership starts even sooner as young as 7 yrs, according to internet safety experts. (Elena Bozzola et al., 2019) The unfolding of the COVID-19 pandemic increased the risk of several other problems, one related to social media. For many people, social media has become a lifeline to the outside world, particularly as they seek ways to stay connected and entertained(Arushi Bidhuri, 2022).Especially Adolescents spend more and more time with their smartphones consulting social media, mainly Facebook, Instagram and Twitter(Elena Bozzola., et.al.,2019). Researchers discovered that, whether there is physical separation (social-distancing) due to COVID-19, adolescents use social media to connect and support one another. The majority of teens and tweens believe that social media improves social-emotional well-being by increasing congruence. (June 2020, Asian News International) According to 2020 Statista figures, social media consumption increased by 75% during India's lockdown last year, and those figures are expected to remain high this year as states enforce local restriction measures. Adolescents are affected physically and psychologically by spending more time on social networking sites. The main objectives of the study were to know the Socio-demographic characteristics of the respondents & to assess the level of social media usage of the respondents. The major findings of the study as follows: More than half of the Respondents (68 percent) were 18 years old, more than half of the respondents (56 percent) were moderate level

social media users. Researcher suggested suitable measures to control the overuse of social media among respondents.

Keywords---Social Networking sites, Adolescents, social media, Users, Usage, India.

Introduction

As on July 2021, there have been 4.48 billion social media users worldwide, constituting for about 57 percent of the global population.(<https://backlinko.com/social-media-users>). Users aged 16 to 64 on any device will spend approximately of 2 hours 24 minutes per day on social media in 2020. The total of 144 minutes is up 1.4 percent over the previous year's 142 minutes, and up 38 % during the last five years. In India, people have been spending 2 hours 36 minutes on social media since 2019, an increase of 8 minutes. Canada – 2 hours 8 minutes, up 7 minutes; Australia – 1 hour 47 minutes, up 1 minute; and thus the United Kingdom – 1 hour 41 minutes, down 6 minutes from 2019.

Adolescents can use social media sites to remain in touch with friends and family, make new friends, share images, and exchange ideas, among other things. Participating in social media can also provide teenagers with deeper benefits that affect their perceptions of themselves, their communities, and the world. Online social networking (OSN) has had a huge impact on college students' relationships. It is becoming a popular online social media platform with capabilities to help people make friends (Nevil Johnson Raju et.al, 2015). The latest trend in virtual communication around the world is online social networking. It is low-cost, free, and simple to use. Because these sites are so readily available, there's a good potential that users will become psychologically reliant on them. Students aged 18 to 24 are thought to be the most frequent visitors to OSN sites. Lack of supervision, accessibility, and knowledge of the consequences of Online Social Networking use can lead to reliance and other negative consequences among social media users.

Late adolescence is the final stage of adolescence's development. It happens between the ages of 17 and 19, and marks the culmination of all the changes that have occurred throughout this crucial period. . During late adolescence, a person manages to form a personal identity (the result of the integration of his past self with his new and free personal choices), form new social bonds, and internalize moral and ethical principles. The adolescent gradually regains the balance that was lost at the onset of puberty, as a result of accepting and integrating all of the physical, mental, and psychological changes that he or she has gone through. Entering maturity with certain unsolved imbalances can sometimes result in social maladjustments that have medium and long-term consequences that will affect his progression and functioning in the adult world.

Making utilization of social media Web surfing is one of today's most popular pastimes among children and adolescents. Social media sites include social networking sites like Facebook, MySpace, and Twitter, as well as games and virtual worlds like Club Penguin, Second Life, and the Sims, video sites like YouTube, and blogs. These services, which provide amusement and

communication to today's young, have exploded in popularity in recent years. (Gwenn Schurgin O'Keeffe, MDKathleen Clarke-Pearson, 2011) The Royal Society for Public Health undertook a poll of 14-24-year-olds in the United Kingdom to see how social media platforms affected their health and wellbeing. According to the findings of the poll, Snapchat, Facebook, Twitter, and Instagram all contributed to feelings of despair, anxiety, poor body image, and loneliness.

According to a 2018 Kleiner Perkins study, the average person now spends over 6 hours per day accessing digital media, with over 3 hours of total time being spent accessing digital media via phone. According to a Deloitte survey in 2017, the typical individual checks their phone more than 40 times each day, with younger people (under 24 years old) checking their phones more than twice as often. The most frequent visitors to Online social network sites are young people and teenagers. Frequent use of Online social network sites leads to addiction to these sites, that has a negative impact on students' daily lives.

As a result, parents must familiarize themselves about the nature of social media sites, as not all of them are appropriate for children and adolescents. Pediatricians are in a unique position to help families understand these sites and encourage healthy use, and also to notify parents to potential pitfalls such as cyberbullying, "Facebook depression," sexting, and inappropriate content exposure.

Review of Literature

Social networking sites provide a platform for people to express their opinions on a variety of social topics. Through social media, adolescents are becoming more conscious of societal issues (Mahat, 2014). According to Hasnain, H et al., social media has become a part of everyday life as a consequence of technological developments and expanded internet usage. If used correctly, social media can assist students and youth in gaining knowledge that can be used to improve their academic performance.

Many people have reduced other social and communication activities such as writing letters, chatting on the phone, sending email, and having face-to-face meetings as a result of the popularity of social media and the use of social media for communication and social interaction. (Quinn, 2016). Too much time spent online might lead to a harmful sensation of isolation (Wohn, 2017).

There are around 2 billion internet users who utilise social media; these numbers are projected to expand as mobile device usage increases (Statista, 2016). Social networks have a huge social influence because of their constant presence in members' lives. According to one estimate, college students account for more than 33% of social media users. Vijayakumar and Ganesh (2018) conducted research among college students in Maharashtra to analyse the influence of social networking addiction on adolescent health. Researcher discovered that adolescents scored higher on three components of social networking addiction, namely impulsivity, virtual freedom, and negative outcomes, and that social networking addiction is a strong predisposition to poor health. Eye strain (38.4 percent), irritability (25.5 percent), and sleep disturbance (26.1 percent) were the

most prevalent health issues identified. Being a man, smoking, drinking, and chewing tobacco, as well as eating junk food, have all been identified as important risk factors for social media addiction (Ramesh et.al, 2018).

Apart from growing separation from real human interaction, Wang (2017) claims that social media is making students less social and more violent. According to a new study conducted by Lancaster University and the University of Bamberg, despite the stress it creates in their daily lives, social media users are growing increasingly addicted to the sites. (Jena Hilliard, 2019). A survey of college students was undertaken at Johnson and Wales University to learn how they accessed online social networking sites. 68 percent of the people in the survey said they used computers to check social media sites, while 20% said they used their phones. About 45 percent of college students checked a social networking site 6 to 8 hours each day, 23% spent more than 8 hours, 20% spent 2 to 4 hours, and only 12% spent less than two hours. Overprotection by parents may be a moderate but significant risk factor in the development of hazardous online behaviors. Problematic internet use and problematic social media use are not the same; their relationships with parental bonding aspects are slightly different. (Beatrix Koronczi and colleagues, 2020)

Significance of the study

According to a 2018 Pew Research Center survey of almost 750 13- to 17-year-olds, 45 percent of them are almost always online, and 97 percent use a social media platform like YouTube, Facebook, Instagram, or Snapchat. As per a study conducted by the University of Glasgow in 2016, those who use social media are more likely to have sleep problems, low self-esteem, anxiety, and depression. Through use of social media late in the night has been connected to sleep disturbances. According to a study published in the Journal Computers in Human Behavior in 2016, 4.1 percent of boys and 3.6 percent of girls who are heavy social media users have internet addiction. Girls who used social media more after tended to have a preoccupation with social media as well as a loss of control, so although boys possess withdrawal, preoccupation, as well as loss of interest in other activities with an increase in internet addiction. However, among UAE families, a substantial and unhealthy reliance on social media and the Internet in aggregate has resulted in a significant lack in contact between its members. During family gatherings, members of the family appear to be glued to their phones rather than conversing with their siblings or parents (Media watch, 2019). Adolescents who are experiencing issues confess it to their parents. Social Media User students are especially susceptible to low mental health. In many nations, intense Social Media Usage may be considered a normal adolescent activity that benefits specific aspects of their well-being. (Boer and colleagues, 2020). According to the Pew Research Center, the majority of middle and high school students (88 percent) have access to a computer at home. The availability of computers is determined by the family's income and educational level. However, practically every youngster between the ages of 13 and 17 (95%) owns a smartphone. The majority of teenagers (84 percent), particularly boys (92 percent), own or have access to video game systems. Adolescents is heavily influenced by social media in terms of physiological and psychological

characteristics. As a result, the researcher was intrigued by the idea of studying late teenage social media usage.

Objectives

- 1 To Study the Socio-demographic characteristics of the respondents.
- 2 To assess the level of social media usage of the respondents.
- 3 To suggest suitable measures to control the overuse of social media among respondents.

Methods**Research Design**

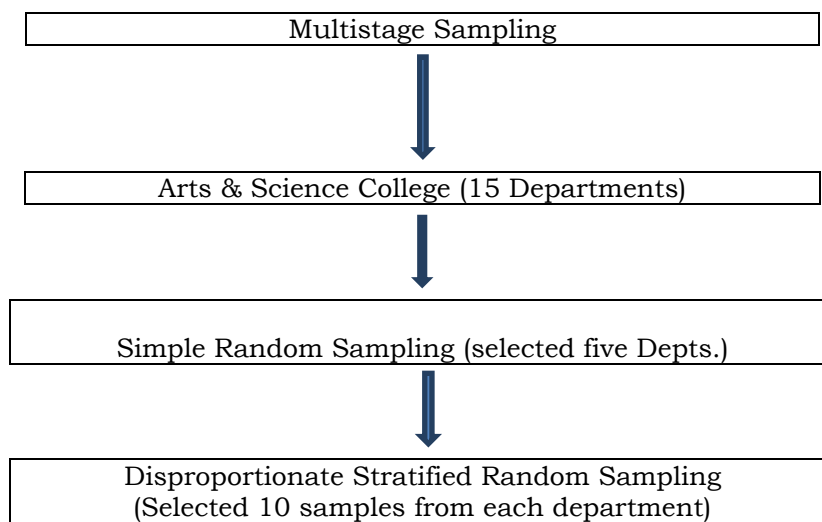
The researcher described the socio-demographic characteristics of the respondents such as age, gender, type of family, monthly income of the family, parents' education & occupational status, social media usage, favorite social media, number of hours of social media usage, number of social media accounts, etc. Hence Researcher adopted a Descriptive Research Design.

Universe

The researcher conducted a study among the Undergraduate college students. The researcher conducted her study especially with first-year Undergraduate students who were in the late adolescence period. Totally there were 300 respondents in five departments.

Sampling technique

The researcher used stratified Disproportionate random Sampling, the researcher collected data from five departments, each department 10 respondents.



Sample Size

The researcher collected 50 samples from first Under Graduate students.

Tools of Data Collection

The researcher collected data using a self-prepared questionnaire to collect personal details & Social Networking usage inventory developed by Dr. Savita Gupta et.al was used to assess the level of social media use.

Results

Demographic Profile of the respondents

Majority (68%) of the respondents were in 18 years of age, less than one fourth (24%) of the respondents' were in 17 years of age, very few (8%) of the respondents were in 19 years of age.

Half (50%) & half (50%) of the respondents were boys & girls respectively. Half (50%) & Half (50%) of the respondents were from rural & urban area respectively. less than (18%) one fourth of the respondents were from joint families & vast majority (82%) of the respondents were from nuclear families.

Half (50%) of the respondent's father completed their Secondary education, less than one fifth (22%) of the respondent's father completed their primary education, few (12%) of the respondent's father completed their Under graduation, very few (10%) of the respondents father completed their Post Graduation.

Less than half (46%) of the respondent's father were involved in farming, nearly one fourth (24%) of the respondents father were working in private sector, less than one fifth (18%) father were involved in Business, Very few (8%) & very few (8%) of the respondents were working as daily wagers & in government sector respectively. Vast majority (86%) of the respondent's mother are homemaker, very few (4%) of the respondent's mother were working as daily wagers, working in government Sector (2%), involved in Business respectively, very meagre (2%) of the respondents involved in farming.

Less than half (54%) of the respondent's mother completed their Secondary education, less than one fifth (18%) of the respondents mother completed their primary education, few (12%) of the respondents mother completed their Under graduation, very few (6%) of the respondents mother completed their Post-graduation.

Vast majority (86%) of the respondent's mother are homemakers, very few (4%) of the respondents mother were working as daily wagers, working in government Sector (2%) were involved in Business respectively, very meagre (2%) of the respondents were involved in farming.

Less than half (48%) of the respondents used social media for about 30 minutes to 2 hours per day, more than (28%) one fourth of the respondents used social media for 4-6 hours per day, more than (28%) one fourth of the respondents used social media for 2-4 hours per day, very few (4%) of the respondents used social media more than 6 – 8 hrs.

Exactly half (50%) of the respondents were active users of only one social media platform, more than half one fifth (22%) of the respondents were active users of two social media account, less than one fifth (18%) of the respondents were active

users of three social media platform, very few (10%) of the respondents were active users of five social media platform.

Table 2
Level of Social Media use

Level Percentage	No. of respondents
Low	13 - 26
Moderate	28 - 56
High	9 - 18

The table depicts that more than half (56 percent) of the respondents were moderate level social media users, more than one fourth of the respondents were low level of social media users & less than one fifth of the respondents were high level of social media users. According to a report published by Common Sense Media, social media usage among teenagers has drastically increased between 2012 and 2018. A survey conducted in the U.S. earlier showed that 70 percent of teenagers (13-17 yrs.) check social media several times a day, which increases up from just 34 percent in 2012. Amid the pandemic and subsequent nationwide lockdown, there has been a surge in social media usage which is also reflective of a social response worldwide. For instance, in India 87 % people reported increase in its usage with 75 % spending increasing amount of time on Facebook, Twitter and WhatsApp (Business Today, March 30, 2020)

Table 3
Karl Pearson coefficient Correlation between Age, Number of Hours of Social Media usage, Number of social media Accounts & overall social media use of the respondents

S.No	Source	Overall Social Media use
1.	Age	- 0.031
2.	Number of Hours in social media per day	0.058
3.	Number of social media accounts	0.187

Karl Pearson coefficient correlation test was applied to examine the relationship between Age, Number of hours in social media usage per day, Number of social media accounts & overall social media usage of the respondents. The test results that there was no significant relationship between age & overall social media usage of the respondents. It also revealed that there was a significant relationship between number of Hours of social media usage per day & overall social media usage ($r=0.058$, $p>0.05$). A significant relationship was found between Number of social media accounts & Overall social media usage of the respondents ($r=0.187$, $p<0.05$)

Table 4
 “t’ test between Socio demographic characteristics & overall Social Media use of
 the respondents

Variables P value	Particulars	N	Mean	SD	t value
Gender 0.746	Male	25	67.9	17.3	0.33
	Female	25	66.4	13.8	
Domicile 0.032	Rural	32	70.7	15.7	2.21
	Urban	18	67.9	13.3	
Type of Family 0.896	Joint Family	3	67.8	19.6	0.13
	Nuclear Family	47	67.0	14.7	
Having Own 0.240 mobile	Yes	39	68.5	12.3	1.19
	No	11	62.3	23.8	
Deviation from 0.242 academic	Yes	7	73.6	15.9	1.19
	No	43	66.1	15.4	
Ignoring 0.095 responsibilities	Yes	10	75.3	16.4	1.70
	No	40	66.0	14.6	
Depressed 0.059 feeling	Yes	6	78.3	17.9	1.94
	No	44	65.6	14.7	
Refused to 0.025 any work	Yes	9	72.6	18.1	1.16
	No	41	65.6	14.8	
Changed 0.231 Mail ID	Yes	7	73.7	13.5	1.21
	No	43	66.1	15.7	

From the above table 3,”t “test was applied between Gender, Domicile, Type of Family, having own mobile & overall social media usage of the respondents revealed that there was a significant difference between Domicile ($t=2.21$, $p=0.032$), having own phone ($t=1.19$, $p=0.240$) & overall social media usage of the respondents, but there was no significant difference between Gender, Type of Family & overall social media usage of the respondents.

A significant difference between deviations from academics ($t=1.19$, $p=0.242$), depressed feelings ($t=1.94$, $p=0.059$), Ignored responsibility ($t=1.70$, $p=0.095$), refused to do any work ($t=1.16$, $p=0.025$), changed mail Id ($t=1.21$, $p=0.231$) & overall social media usage of the respondents.

Table 4
One way ANOVA between Parent's Education, Parent's Occupation, Favourite Media & Overall Social Media Use of the respondents

Variables p- value	Source	Sum of Square	Mean square	F
Favorite social media 0.004	BG	5.264	1.7548	5.18
	WG	16.41	0.3569	
Father's Education 0.482	BG	60.64	202.1	0.83
	WG	11152.3	242.4	
Father 's Occupation 0.520	BG	1524	217.7	0.89
	WG	10235	243.7	
Mother's Education 0.423	BG	1471	245.1	1.02
	WG	10288	239.3	
Mother's Occupation 0.073	BG	2341	468.2	2.19
	WG	9417	214.0	

BG-Between Groups, WG-Within Groups, $p > 0.05$

For this analysis, favourite social media of the respondents classified into four groups (Facebook, Whatsapp, Youtube, Instagram) and one-way ANOVA results computed. Results are presented in Table 4. The data show a significant difference among the Favourite Social media site with the overall Social media usage of respondents ($F=5.18$, $p<0.05$). The one way ANOVA test was applied between Father's Education & also with mother 's education which was categorized into 4 group (Primary Education, Secondary education, Under Graduation, Post Graduation) results in a significant differences among Father's Education & overall Social media usage of the respondents ($F=0.83$, $p<0.05$) And also there is a significant difference between mother's education & overall social media usage of the respondents ($F=1.02$, $P<0.05$). A significant difference was seen from Father's Occupation & Mother's Occupation which was classified into 5 groups (Farmer ,daily wagers ,Government Sector, Private Sector ,Business)with regard to overall social media usage of the respondents which revealed that

father's Occupation ($F=0.89$ $p>0.05$) & mother's Occupation with F value as 2.19, $p>0.05$

Discussion

The age of the respondents did not appear to have a major impact on their overall social media usage, as shown in table No. 3. According to a Pew Research Centre survey of nearly 750 13- to 17-year-olds conducted in 2018, 45 percent of them are almost always online. In today's advanced world, everyone from a one-year-old baby to the elderly has access to social media platforms, so age has no bearing on overall social media use among the respondents.

Male respondents used high level of social media when compare to female respondents because male respondents were allowed greater freedom, and as a result, they used social media more than female respondents who used social media less. Female respondents were told not to use their phones for more than two hours by their family members, which helped them avoid becoming addicted. Girls were given more responsibilities especially they involve in household activities whereas usually teenage boys were not given in any household activities. Being Male chauvinist society, people at home give respect for the male member of family & at times they will give more freedom for boys but they will give strict rules & restriction, less freedom for girls.

Respondents from rural areas were more interested in social media sites than those from urban areas. Adolescents from rural areas were intrigued to try out new social media platforms, resulting in a high level of social media usage. It was obvious that respondents from joint families used social media extensively, and that they had greater opportunities to do so than those from nuclear families. Because of the larger number of individuals in their family, adolescents from joint families were given more time to use social media sites; they were not watched by their parents, and even their family members had the habit of using social media sites.

Respondents with a high level of social media usage had higher academic deviations than those with a low level of social media usage. Respondents who spent more time on social media and were unable to concentrate on their academic activities had a higher level of academic deviations than those who spent less time on social media. Adolescents are easily distracted by social media platforms and are unable to focus on their studies.

Respondents with high level of Social media users ignored their responsibilities when compared to low-level social media users Adolescence had a high level of social media users addicted to social media, unable to communicate with family members, and unable to listen to them Respondents with high level of social media usage felt more depressed than those with a low level of social media usage when did not receive likes or comments for their photos, videos, stories, status and so on .

Respondents whose fathers had completed secondary education had a high level of social media usage. It could be because the respondents' fathers gave their

children more freedom, and they believed that their father's lack of supervision led to a high level of Social Media usage. Adolescents are more likely to become addicted to the internet if their parents are not involved. In this regard, internet use is used by adolescents as a coping strategy to deal with their situation (Durkee et al., 2012)

According to Table No. 4, respondents whose fathers were farmers had a high level of social media use. It might be because the respondents' fathers do not have enough time to spend with them and believe their youth use social media for schoolwork. Respondents who spent more time on social media and had a greater number of social media accounts had a significant influence on low-level social media users. They had no idea what they were getting themselves into when they became addicted to social media.

Respondents whose mothers had completed secondary education had a high level of social media usage. It is possible that the respondents understood the benefits of social media because the mothers felt that their kids wanted to use social media for academic purposes. Respondents with mothers who started working as daily wage workers had a high level of social media use. It is possible that the respondents were not supervised by their mothers due to the nature of their work and the time they were unable to spend with their ward.

According to the study, more than half of the respondents (56%) were moderate social media users. Parents should limit their children's use of social media, and adolescents should continue to observe and look up to their parents as role models. Counsellors must be appointed in all educational institutions. As a part of the counselling center Parents can be taught how to detoxify their children's overuse of social media, and also they can then train their own children. Teachers can be formed into a smaller group, and a counsellor or social worker can conduct group work to train them on how to educate their students on how to control overuse of social media. Teachers can then aid their class students to control the addictive behaviour of social media. As part of a social work intervention, a community outreach programme for adolescents can be planned to instruct them on the significant effects of excessive social media use. A workshop can be arranged to discuss and make adolescents aware of the consequences of excessive social media use, and thus to guide adolescents using the social media more constructively.

Adolescents can be divided into groups and activities can be planned to control their media usage behaviour pattern based on their levels of social media usage. To reduce temptation and easy access, adolescents can delete social media apps from their phones or the phones of their parents. Adolescents can set time limits for their use of social media platforms. To facilitate a digital detox, adolescents should keep their phone, tablet, or laptop at a safe distance. Adolescents can use social media as a constructive coping strategy to deal with anxious feelings.

Adolescents can disable notifications on all social media sites utilising their mobile phone. They can detox for a few hours over the weekend. Adolescents should be educated properly on the threats of excessive social media use. Adolescent social media addiction can be managed to prevent with parental

supervision. Parents should be educated about the potential consequences of excessive social media use, particularly cyberbullying, loneliness, low self-esteem, and poor mental health, so that they can support their children. They must check their phone, tablet, or laptop frequently to keep track of their children's activities. Extracurricular activities are important in the lives and futures of adolescents because they divert their attention away from excessive use of social media sites. Adolescents should be educated on the effects of social media, such as lack of sleep, depression, stress, poor academic performance, and so on, and trained professionals can provide digital detoxification training in educational institutions.

Conclusion

In today's world, social media has become a popular medium for people of all ages, particularly adolescents. Many things are upgraded on social media sites, which provides valuable information. Adolescents use social media sites for entertainment, socializing with others, especially their peers, and building a huge social network. Adolescents should use social media in a constructive and productive manner, regardless of the fact that they are powerfully tempted by social media sites.

References

- Anderson, M., & Jiang, J. (2018, May). Teens, social media & technology. Retrieved September 20, 2018 from the Pew Research Center website pewinternet.org/2018/05/31/teens-social-media-technology-2018/
- Alfa Jamal. Washington DC. Asian News International. June 24, 2020.
- Bozzola, E., Spina, G., Ruggiero, M. *et al.* Media use during adolescence: the recommendations of the Italian Pediatric Society. *Ital J Pediatr* 45, 149 (2019). <https://doi.org/10.1186/s13052-019-0725-8>
- Deloitte releases Australia 2017 Media Consumer Survey .Digital TV News.
- Durkee T., Kaess M., Carli V., Parzer P., Wasserman C., Floderus B. *et al.* Prevalence of pathological internet use among adolescents in Europe: demographic and social factors. *Addiction* 2012; 107: 2210– 2222.
- Social media in India. (2016, 03 23). Retrieved from Livemint: <http://www.livemint.com/ Politics/FqcL24fK5aQ68qC6KzohJO/Socialmedia-in-India.html>
- Elena Bozzola, *et al.*, 2019 2019 Nov 27;45(1):149. doi: 10.1186/s13052-019-0725-8. <https://www.statista.com/statistics/278407/number-of-social-network-users-in-India/> accessed on September 13, 2016.
- Gwenn Schurgin O'Keeffe, Kathleen Clarke-Pearson and Council on Communications and Media Pediatrics April 2011, 127 (4) 800-804; DOI: <https://doi.org/10.1542/peds.2011-0054>
- Hargittai, E. (2007). Differences among users and non-users of social network sites. *Journal of computer mediated communication*. 13(1), 45-47. 13(1), 45-47
- Hasnain, H., Nasreen, A. and Ijaz, H. (2015) Impact of Social Media Usage on Academic Performance of University Students.
- Koronczai B, Urbán R, Demetrovics Z. *Psychiatr Hung*. 2020;35(1):73-80.

- Lenhart, A. (2015, April). Teens, social media & technology overview 2015. Retrieved September 27, 2018 from the Pew Research Center website: pewresearch.org/wp-content/uploads/sites/9/2015/04/PI_TeensandTech_Update2015_0409151.pdf
- Muhammad Jawad Malik, Mudaser Ahmad, Muhammad Rizwan Kamran, Komal Aliza and Muhammad Zubair Elahi *Interactive Technology and Smart Education* Issue(s) available: 69 – From Volume: 1 Issue: 1, to Volume: 18 Issue: 1
- Nevil Johnson Raju , Dr. Blessy PrabhaValsaraj , Dr. Judith Noronha .*Journal of Education and Practice* www.iiste.org ISSN 2222-1735 (Paper) ISSN 2222-288X (Online) Vol.6, No.22, 2015
- Ramesh Masthi N R . pruthvi. Phaneendra Mallekavu. 2018.*Indian Journal of Community Medicine*.3(3):180-184
- Sampasa-Kanyinga, H., Chaput, JP. & Hamilton, H.A. Social Media Use, School Connectedness, and Academic Performance Among Adolescents. *Journal of Primary Prevention* 40, 189–211 (2019). <https://doi.org/10.1007/s10935-019-00543-6>
- Wang, Y., Tang, J., Li, J., Li, B., Wan, Y., Mellina, C., ... & Chang, Y. (2017, April). Understanding and discovering deliberate self-harm content in social media. In Proceedings of the 26th International Conference on World Wide Web (pp. 93-102). International World Wide Web Conferences Steering Committee.
- Wohn, D. Y., Fiesler, C., Hemphill, L., De Choudhury, M., & Matias, J. N. (2017, May). *How to handle online risks? Discussing content curation and moderation in social media. In Proceedings of the 2017 CHI Conference Extended Abstracts on Human Factors in Computing Systems* (pp. 1271-1276).
- Yalda T. Uhls, Nicole B. Ellison, Kaveri Subrahmanyam. Benefits and Costs of Social Media in Adolescence *Pediatrics* Nov 2017, 140 (Supplement 2) S67-70; DOI: 10.1542/peds.2016-1758E
- <https://www.statista.com/statistics/945341/frequency-social-media-use-teenagers-usa/>
- <https://www.businesstoday.in/technology/news>
- <https://www.thehealthsite.com/>
- <https://doi.org/10.1371/journal.pone.0249310>
- <https://www.statista.com/chart/15720/frequency-of-teenagers-social-media-use/>
- <https://www.ncbi.nlm.nih.gov>