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A Research Proposal on the Impact of Social Media on Children

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Abstract
This study seeks to determine the effect that social media has on children. Technology can be lethal when used wrongly, despite its many benefits. Kids are experimenting when they do things that they and other kids find entertaining or fascinating, all the while avoiding adult supervision. Social media is a product of technology, a helpful tool that some of today's youth misuse. The two primary platforms via which young people utilize social media are cell phones and the Internet, both of which have profoundly changed their way of life.

Key Words: Afghanistan, Social Media, Technology, Children, Empowerment, Cyberbullying.

Introduction

This proposed study will determine the effects of social media on the younger generation, given their existing exposure to them and their ease of access to them. It is expected that this proposed research would bring up serious issues with the children's education, physical and mental well-being, and safety. Kemp (2017) mentions that more than 50% of people on the planet use smartphones, and that percentage is rising. This figure shows that, although just recently invented, smartphones and interactive media have stolen many of our lives from infancy to old age, and they include both adults and children. Freud (1991) the founder of psychoanalysis theory, any adverse experiences during a person's formative years may cause them to exhibit undesirable and socially unacceptable behavior later in life. Numerous research studies have verified that kids frequently develop addictions to social media and cell phones. There is a lack of research, though, as it only evaluates respondents' perceptions of the degree of their own personal attachment to social media, not the actual amount of time they spend on their phones.

The results of this proposed study are expected to close the measurement gap in the amount of time kids spend using social media. The study's conclusions might be useful to

policymakers in a variety of government areas. For example, educational curriculum designers will receive training when developing curricula for youth so that they can avoid utilizing social media for their children in the future and are aware of the risks involved. In the health ministry, physicians can benefit from understanding the dangers of social media, particularly those who treat expecting mothers. The results of the study should influence other scholars who are considering this field of study and begin the required mitigation.

Literature Review

The use of mobile platforms and media applications by children has spread all over the world in recent years. Teenagers use social media on a continuous basis as part of their routines. While children are unaware of the consequences of social media use, there are growing concerns about the harm that social media use can cause to one's physical, mental, and educational development (Umarlebbe et al., 2019).

Njorogr (2013) stated that people are dependent on their phones and find it hard to live without phones and social media. Using social media leads to cyberbullying, pornography, and, over all, makes people lazier and also costs a lot to buy data bundles. Peer harassment, cybercrime, and an overall feeling of insecurity have increased because of youth having easy access to current technology and media platforms.

According to the findings of Charoensukmongkol (2017), high levels of social media use are associated with social comparison and jealousy. The main contention is that peer groups compare themselves to one another, and this is the outcome of using social media.

Adults think using social media presents a risk to children, but the risk is greater than they realize. Social media use leads to both online harassment and cyberbullying, which are two distinct things. Social media harassment happens more offline than online, yet cyberbullying puts users at greater risk for depressive, anxious, lonely, and suicidal thoughts, and feelings.

While depression is a condition that affects people offline, teenagers can also experience depression online due to the intensity of social media, so in response to this threat, they will continue to check websites and blogs. This is because the information available online is inapplicable, and we are unsure of the best ways to treat depression. For example, when advertisements appear on websites, they may encourage drug abuse, risky sexual behavior, or aggressive and self-destructive behavior in teenagers. Also, teenagers who disclose excessive amounts of personal information on social media run the serious risk of losing their personal privacy (O'keeffe, 2011).

Kusuma (2020) mentioned that it makes them feel pleased when young people post their photos and texts on social media and receive encouraging responses. However, their confidence wanes if they don't receive praises on their images and posts. Cyberbullying, sadness, and suicide ideation were more common among teenagers who did not receive encouragement from their peer group. Youth may also be at risk from other peer interactions on social media, such as social isolation and online discussions and battles about politics or celebrities.

Given the variety of digital tools that are a part of social media and its gradual expansion, it is challenging to fully explain its effects on teenagers. People behave in ways that are either adaptive or deviant on social media, making it difficult to discern their true nature. We are also unable to pass judgment on them in this virtual world. Some teenagers begin by making negative comparisons to their own accomplishments, abilities, and looks.

In addition to the potential it presents, social media poses risks like despair, an increased chance of suicide, poor sleep quality, and long-term negative effects on one's physical and mental well-being. The benefit is that it opens new avenues for amusement and global connection (Nesi, 2020).

Tanwar (2016) found that most kids see media violence practically every day, whether it be in a cartoon, on the internet, on TV, in a movie, or in the news. These encounters, whether brief or prolonged, can have detrimental psychological impacts, including an increase in aggressive behavior and a decrease in the excitement one feels when doing violent acts. We should pay close attention to a media-based strategy that aims to foster positive habits among young people while discouraging negative ones.

Jan et al. (2017) stated that social networking seriously damages people's sense of self-worth. These social networking sites are used by people for maintenance, information sharing, and relationship building. Nonetheless, most people eventually compare themselves to other people in both positive and bad ways. People get envious of other people's lives as a result of upward comparisons, which also makes them less appreciative of and obliged to appreciate the gifts of others. These people experience a decline in their sense of value. The use of social media is rapidly increasing in practically every nation on the planet. Because of this, it can be challenging to prevent people from using social media for extended periods of time, especially students who regularly use Facebook.

Singh et al. (2017) discovered that the young, between the ages of 16 and 25, are increasingly overusing social media. In the sample of young people chosen, many of them (55%) are between the ages of 16 and 20. The teenagers use social applications for website browsing, conversing, amusement, etc. Many of the chosen youngsters use social media daily for somewhere between one hour and five hours. Many young people use social media for so long, about one-third of a day, that it disrupts their everyday routine tasks. Several young people have shared their favorable views on using social media. Even if they are experiencing several undesirable or unfavorable repercussions from overusing social media, they maintain that they cannot envision their lives without it. The survey revealed that many young people have quite high levels of anxiety and worry a lot about their electronics. When they stop using social media, they start to feel fear. It has been determined that excessive usage of social media causes both physical and mental issues and diminishes users' capacity for productivity. In today's world, there is an increase in entertainment options, ubiquitous data, and technological processes, including social media. Youth who use social media too much are sluggish and unenthusiastic about face-to-face encounters.

Most internet users who make use of social media platforms are teenagers. Social networking can be seen as having two sides to its application. The first is the actual advantage, but we also need to consider any potential negative effects that can arise from teens using social media so extensively. Teens that use social networks have several benefits, such as social networking, which enables users to communicate with one other and with individuals worldwide, is the most widely used internet feature. It may be easier to find folks and strike up a discussion as a result. Email, newsgroups, FTP, and the World Wide Web network of websites are just a few of the data exchange channels that enable internet users all over the world to communicate information quickly and cheaply. The Web has become one of the most important and dependable sources of information due to the media's capacity to deliver data and information and the internet's rapid growth. You can conduct business in the trade area without actually going to the offer or sales location because transactions are straightforward enough. Increased blood

pressure, strain on the eyes, pain in the back, persistent headaches, and gastrointestinal issues are the drawbacks (Untari et al., 2020).

Hypotheses

The researcher of this proposed study plans to investigate these hypotheses for my proposed research.

H_{01}: There are no significant correlations between social media and depression.
H_{a1}: There are significant correlations between social media and depression.
H_{02}: There are no significant correlations between social media and mental health.
H_{a2}: There are significant correlations between social media and mental health
H_{03}: There are no significant correlations between social media and physical health.
H_{a3}: There are significant correlations between social media and physical health.
H_{04}: There are no significant correlations between social media and wasting time.
H_{a4}: There are significant correlations between social media and wasting time.
H_{05}: There are no significant correlations between social media and cyberbullying.
H_{a5}: There are significant correlations between social media and cyberbullying.
H_{06}: There are no significant correlations between social media and the economy.
H_{a6}: There are significant correlations between social media and economy.
H_{07}: There are no significant correlations between social media and communication.
H_{a7}: There are significant correlations between social media and communication.

Methodology

The impact of social media on children is the subject of my proposed research project, and I'd like to employ qualitative techniques in this proposed research. Due to my proficiency with qualitative methodologies and my desire to engage in conversation with others, I can understand their ideas through their own words. In qualitative research, data can be gathered from a variety of sources, including focus groups, direct observation, questionnaires, interviews, and ethnography. In my proposed research study to collect information, I wish to speak with parents through interview sources. It is possible for me to encounter ethical problems and erroneous or misleading information at times, so I should try to be conscious of this and take care that the study we undertake on our subjects does not harm anyone.

The benefits of qualitative research are:

● In –depth understanding: A primary advantage of qualitative research is its capacity to yield a comprehensive comprehension of human behavior. Focus groups and interviews are two examples of qualitative data gathering techniques that give researchers rich, in-depth insights into the motivations behind people's thoughts and behaviors. This kind of information, for instance, is priceless for

businesses looking to enhance their goods or services in response to consumer input.

• Adaptability: Qualitative research also has the benefit of being very adaptable. Qualitative research is conducted on a range of subjects, with diverse populations, and in a number of contexts. Because of the huge sample sizes and standardized measurements used in quantitative research, this kind of flexibility is not always achievable.

• More respondent-led, which gets around the issue of imposition: The qualitative research is open. People are free to express their opinions without having to respond to our queries. We can't begin with a specific question; instead, we can ask a general one before moving on to our main one.

• Excellent for exploring a subject the researcher is not well-versed in.

• superior validity compared to quantitative data.

Unlike quantities research methodologies, qualitative research doesn't require a big sample size to obtain data. It suffices to collect data from 20-50 individuals because our emphasis is on ideas and words rather than numbers. Additionally, some researchers recommend that we discontinue sampling after qualitative data saturation has been reached.

Data Collection

The proposed research is simple and exploratory in design. For the purpose of this proposed study, I will use the interview method to gather primary data from parents about the age range of adults, the primary reason for using social media, their opinions both positive and negative about social media, and the effects of social media on children's mental and physical development over the course of their lives. Face-to-face interviews will be used to gather data, and the participants will be the kids' parents from Q-Mars High School, which is located in Khair Khana, Kabul, Afghanistan, a nearby elementary school to my house that doesn't require travel. I will email the parents of the children to invite them to the interview. In addition, I would like to conduct an open-ended, unstructured interview with parents to get their perspectives without my intervention. In order to analyze the data, I will prepare the questions to ask them during the interview and record their responses. Although it's a suggested study, I will provide a present or other incentive to participants in my dissertation. I'll prepare the interview-related supplies, including tape recorders, microphones, tapes, notepads, and a research timetable for each person.

Conclusion

Over the past 20 years, children's lives have become increasingly impacted by modern media, which presents both new chances and difficulties. The use of social media is exploding in almost every country on the planet. As a result, it is impossible to stop people, especially kids who use social media frequently from using it for extended periods of time. Children rely too much on social media and their phones.

A great deal of children is nearly always exposed to violent media, whether it be on the internet, via TV shows, cartoons, movies, or the news. Both the immediate and long-term treatments for these substances may have detrimental psychological effects, such as heightened

animosity and lowered arousal for aggressive activity. and other unfavorable effects. The allure of tobacco is greatly outweighed by the fervor and impact of social media. A large percentage of social media users, who are young people, suffer from anxiety, grief, and low self-esteem. Concerns about emotional abuse, criticism, or even disregard arise when they engage in social interactions and expand their networks. They do spend a large portion of their time on public contact platforms and their phones. It has advantages as well, such as being used for interaction, learning, or knowledge sharing, in addition to its drawbacks.

Parents as well as educators have a big impact on how their kids use social media. In addition to teaching their kids about the negative impacts of social media, parents ought also to limit their kids' access to these websites. Incorporating information about social media's detrimental impacts into the curriculum and educating expectant moms about the dangers of using social media will help teachers in schools prevent their children from using it.

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