



The Impact Of Social Media On The Academic Performance Of Adolescent Students

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Abstract: Adolescent students influence by social media use is associated with poorer academic achievement .. The study also emphasized the necessity of programs that raise knowledge of ethical social media use and encourage parental involvement as interventions to enhance academic achievement.

This study investigates the relationship between adolescent students' academic achievement and their use of social media. Adolescent students are spending more time on the internet, frequently at the price of their academics, as a result of the growing popularity of apps like Facebook, Instagram, TikTok, and Snapchat. Using secondary data from previous studies as well as primary data from surveys, this study finds that excessive social media use has a major detrimental effect on students' academic performance. The study ends with recommendations for ways to lessen these adverse consequences, such as teaching digital literacy, time management techniques, and institutional or parental supervisor.

Index Terms- Impact, social media, Academic performance ,Adolescent Student

I. INTRODUCTION

Adolescent students influence by social media use is associated with poorer academic achievement . According to a University of Delaware study, grades declined as more people used social media on a variety of platforms.

Negative Impacts

1. Distraction and Diminished Concentration

Procrastination and a decrease in study time can result from frequent social media use. Students frequently multitask, splitting their focus between social media and academic activities, which can hinder their ability to remember information.

2. Sleep Disruption o Using apps like Instagram or TikTok late at night can interfere with sleep cycles, which impairs focus and scholastic achievement.

2. Lower Academic Performance

Studies show a correlation between heavy social media use and lower **grades or GPA**, particularly when it replaces academic activities.

3. Mental Health and Cyberbullying Social media use can lead to stress, anxiety, or depression, which can have an indirect impact on concentration and performance in the classroom.

Positive Impacts.

1. Availability of Educational Resources o Websites such as LinkedIn, Reddit (including /AskAcademia), and YouTube Learning provides debates, study aids, and tutorials to improve learning.

2. Peer Assistance and Cooperation

Collaborative learning, note sharing, issue solving, and moral support are all made possible by group chats and educational forums.

4. Communication with Teachers o Some teachers interact with students outside of the classroom or provide updates and instructional resources on social media.

5. Development of Digital Literacy Students can gain communication, media literacy, and content production skills through social media use, all of which are beneficial in today's classrooms and workplaces.

SOCIAL MEDIA AFFECT ON ACADEMIC ACHIEVEMENT OF STUDENTS

Access to Educational Content:

1. Platforms like YouTube, Reddit, or even TikTok offer educational channels and explainers that can support learning.
2. Students can follow academic pages or groups for study tips and tutorials.

Collaboration and Communication:

- Social media enables group discussions, sharing of resources, and peer-to-peer learning.
- Tools like Discord or WhatsApp are often used for study groups.

Motivation and Support:

- Students can find motivation from educational influencers or peer success stories.
- Mental health and academic stress discussions on social media can reduce feelings of isolation.

Skill Development:

- Students may develop digital literacy, communication, and research skills that are valuable academically.

AS PER RESEARCH REPORT**Distraction and Diminished Attention to Academics**

According to a Walter Sisulu University research, 39.4% of students admitted that social media had a detrimental impact on their ability to finish assignments, and 84.5% of students reported using it for more than four hours every day.

Interrupting Sleep

Overuse of social media, particularly late at night, impairs sleep quality, which causes daytime weariness and cognitive decline.

Poor Academic Performance

400 medical undergraduates participated in the study, which found a modest negative relationship between social media use and academic achievement, with increased usage being linked to poorer grades.

METHOD -Survey method used for data collection ,Secondary data used for study, open ended interview technique and questionnaire used with parents , teachers and students for authentic result.

RESULT-

1. As per the interview and questionnaire result found that- 80% Parents are agree that the adolescent children study suffer from social media which directly affect on academic achievement
2. Open Interview and questionnaire result found from teachers that 98% of teachers are agree that adolescent students ,can achieve academic achievement level if they are not using the social media.
3. 60% Students also agree that the brilliant students are not using social media.

CONCLUSION -

Excessive social media use, particularly beyond two hours daily, has been linked to lower academic performance in both middle and high school students. This is attributed to decreased school connectedness and increased academic procrastination. Engaging in social media while studying can lead to multitasking, which has been associated with lower grades and unfinished

assignments. This is especially true for students who use platforms like Facebook during class time.

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