

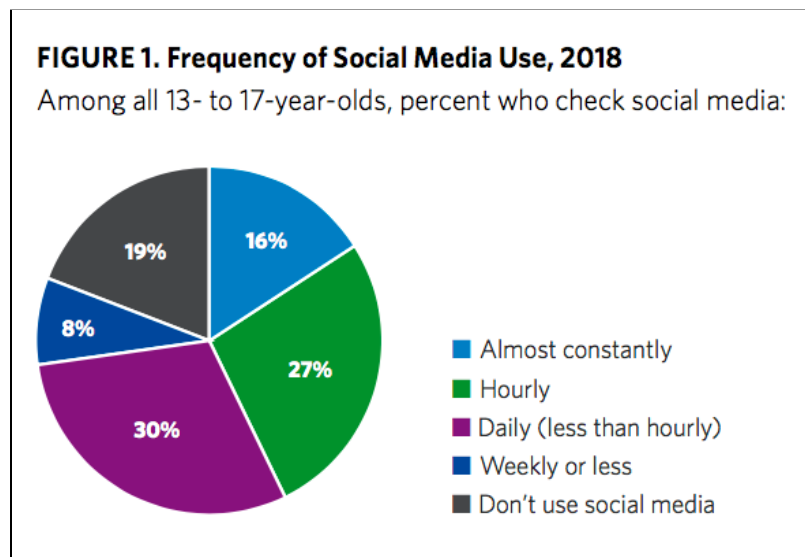
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How does social media influence teens and adults?

My parents and adults (age 18 to 35):

I love kids and so I am really more concerned about them. Teens who are aged 10 to 17 and under age totally don't know what is really good for them and what not, like specially social media is the one of sites that have positive and negative causes that can impact our teens and adults. Social media can influence positively and negatively in their lives and so parents need more concerns about their childs and adults need to know more about social media than what could be good or bad things that can affect their life in the future. On the other hand, in my experience most parents have to sacrifice their child because they are out of control. I want to configure for the day or



week how many hours teens and adults use social media and what are benefits they get

from this and what is not, also how this social media impacts their physical and mentally.

I gave a pie chart that would show how much they really use social media in 2018 and

which example is, “kids are using social media more than ever, but they're also

recognizing some of the consequences, including digital distraction in the classroom”

(Jeff Knotson, Listen to what students say about their social media experiences). This

means that kids are using social media most of the time and they are a distraction in the

classroom. From this example a really good example for parents is whether social

media is it good for their child or not? I am not saying that they can't use social media, I

want to say they can use it but it should have limitations and parents need to care about

them and care about their health. Another example is, “Social media allows teens to

create online identities, communicate with others and build social networks...Social

media that's humorous or distracting or provides a meaningful connection to peers and

a wide social network might even help teens avoid depression”(Mayo clinic, 2nd ph.).

This quote says social media allows teenagers to create online communication with

others and build social network depression. Also said it can help teens avoid it. This

really connects what I said that social media is also a good thing but children don't know

what should be better for them and that's why parents need to focus more about their

child and what their child is using.

In my opinion, adults most of the time use whatsapp, instagram, youtube, facebook and

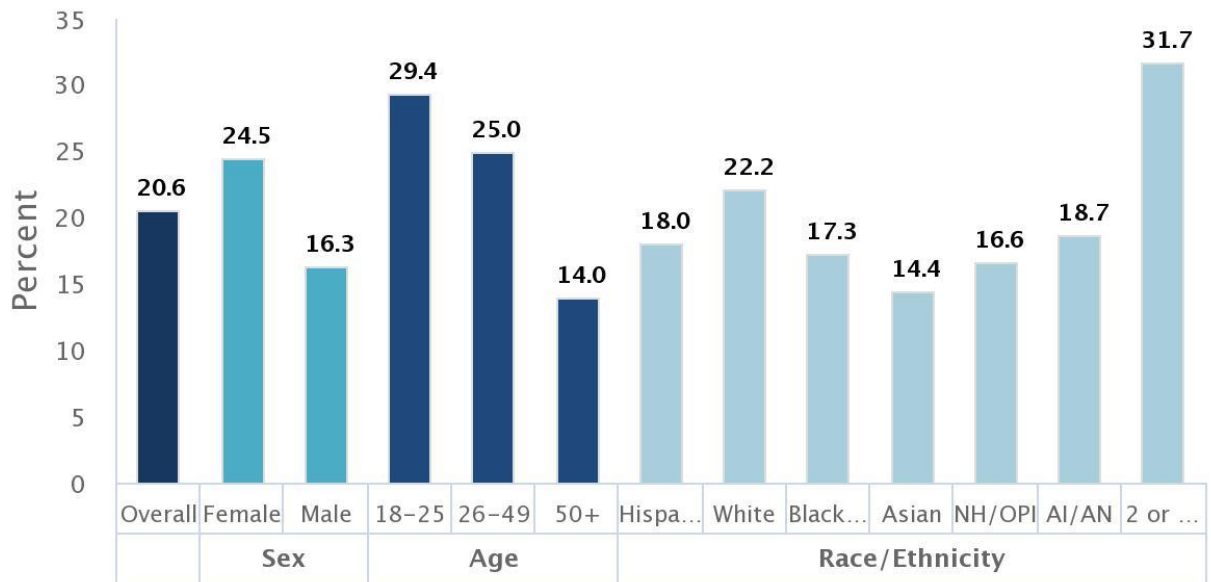
these are really good ways to communicate with relatives, friends and neighbors.

However, it would also influence their life which is, "It is a concern for young adults as well, since 25% of 18-25 year olds report having some form of mental illness.

Depression is particularly increasing among girls. Some researchers have suggested that this increase in mental illness is, at least in part, connected to the rise of social media use among adolescents and young adults"(Elina Mir, Social Media and Adolescents' and Young Adults' Mental Health). This says, adults aged 18 to 25 who are 20 percent suffering from mental illness and depression increase among girls. This is really why I want to address adults mental illness is increasing and adults should focus on their career and what will happen next. We are called AMI mental illness which is Any Mental illness. This illness indicates mental, behavioral, or emotional disorder. If we look at 2019 US adults 51.5 million adults age 18 or older AMI in the United states. AMI increased 24.5 percent to females than male 16.3 percent. Which include in this chart:

## Past Year Prevalence of Any Mental Illness Among U.S. Adults (2019)

Data Courtesy of SAMHSA



In my experience my three cousins, one is 4 years, another one 7 years and the oldest one is 13 years old. I went their house for one week in vacation I saw in day 24 hours but they are using continuous 5 or 6 hours then for one or two hours they eat or go for shower and after that again they continue for 6 or 7 hours. If my aunt tries to control but she can't because they are out of control. They are not leaving her if my aunt tries to keep the phone tab but they are rude behavior with her or crying. Therefore, parents need to maintain some rules about their child. It would help their child mentally and physically which include in this evidence: "There are a number of resources meant to help teach parents about social media sites and how they work. Connect Safely has developed "parent guides" for understanding different social media platforms. Also,

Common Sense Media has a list of “red flags” to be on the lookout for when your children are using various social media platforms”(Elina Mir, Social Media and Adolescents’ and Young Adults’ Mental Health). Some parents don’t know how to use some social sites so this is better about how parents can control their child and also help to identify what app would be good for them.

I decided that outside of my discourse community who can help my discourse community about their problems and issues. Teachers, app owner, teaching program. Teachers can help them to learn about good things. App owners can make some privacy that a child can’t use without parents permission. Also, some teaching programs help with basic knowledge like for example: not spending too much time on social media, learning to spend time with friends and family, joining some school activities, exercising, not using phone sleeping time because they need enough time, watch tv together that make fun. For adults, they need to join some program that gives some training about a job, how to do the application for the job, go somewhere and spend some time with family or friends, create a team to play something. Lastly, I want to say my audience that everything depends on you and your child’s career also depends on you and adults need to discuss about their future goals with their family like what should do and what not and when you get the idea or some knowledge then you are not spending too much time on social media without any reasons. Thanks for listening and

reading and for being patient.

#### Citation

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