A CONCEPTUAL STUDY ON UNDERSTANDING ADOLESCENCE AND THEIR PERCEPTION ON SOCIAL MEDIA

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Abstract

The present conceptual research focused on the study is to understanding adolescence and their perception on social media. Now the Adolescence is the period of transition between childhood and adulthood. Children who are entering adolescence are going through many changes (physical, intellectual, personality and social developmental). Yes, the Adolescence begins at puberty, which now occurs earlier, on average, than in the past. The stage of Adolescence is the stage of development which precedes adulthood. As per the human being It is a time of great physical change in young people. It is characterized by rapid growth, hormonal change, changes in bodily appearance, and changes in brain structure. Adolescence stage is characterized by emotional turmoil, insecurity, peer influence, risk taking behavior, irrational decisions, pushing limits on permissible behavior. Adolescence stage is also a time where young people make mistakes, which if not dealt with constructively, and sensitively, could result in them ruining their lives. It is a time where young people need to be surrounded by a protective system, positive role models, and be engaged in positive activities which channelize their energies to good use. Now the 'Social Media' describes online platforms that enable interactions through the sharing of pictures, comments and reactions to content. As most teenagers regularly use social media, studying its effects on their mental health and psychological wellbeing is vital. The term 'psychological wellbeing' reflects the extent to which an individual can live meaningfully according to their deeply held values. The present paper focused on the study of to understanding adolescence and their perception on social media. with prime objectives are (i) To understand the concept of adolescence and their perception. (ii) To analyses the role of social media in understanding adolescence and their perception. (iii) To discuss the benefits of social media in understanding adolescence and their perception. The methodology of the research is a different type involving an interpretative, conversation, observation and study secondary sources, like books, articles, journals, thesis, university news, expert opinion, and websites, etc.

Key Words: Adolescence, Perception, Social Media

Introduction

Now, to understanding adolescence and their perception on 'Social media' describes online platforms that enable interactions through the sharing of pictures, comments and reactions to content (Carr & Hayes, 2015). As most teenagers regularly use social media (Anderson & Jiang, 2018), studying its effects on their mental health and psychological wellbeing is vital. The term 'psychological wellbeing' reflects the extent to which an individual can live meaningfully according to their deeply held values (Waterman et al., 2010). Within this, the term 'mental health' was defined by WHO (2018) as a state of wellbeing in which an individual can flourish, through realization of one's potential, positive social interaction and contribution to society. Research in this field has been largely quantitative: providing evidence for the association between social media and mental health, but limited insight into the experiences and perceptions of adolescents of social media and its impact. This narrative review aims to synthesize recent qualitative research on adolescents' perspectives of the effect of social media on their mental health and psychological wellbeing. Now the social media has turned into a portion of our daily life. As each coin has two sides, social media also has favored standpoint and hindrance. Social media can boon or bane depends upon our exploitation the way we use it. Today, social media use is nearly universal among Adolescents. They are the most enthusiastic users of social networking and social media.

Meaning of Understanding Adolescence

According to UN, Adolescence, the period between childhood and adulthood, is rightly viewed as a period of enormous change.

Adolescence, transitional phase of growth and development between childhood and adulthood. The World Health Organization (WHO) defines an adolescent as any person between ages 10 and 19. This age range falls within WHO's definition of young people, which refers to individuals between ages 10 and 24.

Adolescence: Brain vs. Hormones

There are two main elements that affect maturity of both body and emotions.

1. Hormonal changes lead to and guide the body through puberty, resulting in sexual maturity

These include the sex hormones, estrogen in girls and testosterone in boys. They were once thought to be the main cause of most of the behavioral changes in puberty, particularly

increased aggression and mood swings. There are, certainly, massive changes in hormonal levels during puberty in at least three different hormonal systems.

However, there is no link between blood testosterone levels and levels of aggression in young men. So what is causing these behavioral changes?

2. The brain develops and changes throughout childhood and adolescence

It used to be thought that the brain was basically mature from a very early stage, but recent research has found that, in fact, parts of the brain continue to mature well past the age of 18.

It is generally agreed that the brain kick-starts the hormonal surges that lead to puberty. It is not, therefore, the hormones that lead to changes in the brain, but changes in the brain that lead to hormonal surges and, ultimately, to puberty.

Some specialists find that the difficulties of adolescence have been exaggerated and that for many adolescents the process of maturation is largely peaceful and untroubled. Other specialists consider adolescence to be an intense and often stressful developmental period characterized by specific types of behavior.

Objectives of the Study

1. To understand the concept of adolescence and their perception.
2. To analyses the role of social media in understanding adolescence and their perception.
3. To discuss the benefits of social media in understanding adolescence and their perception.

Social Media for Adolescence and their Perception

Now, social media can thus provide a good forum to practice skills related to identity development, such as self-presentation and self-disclosure. In addition, social media tools have been found to be beneficial for youth who may have learning difficulties or those struggling with their sexual identity.

For example, in the last few years, Instagram has been a topic of much contention, as it has been shown to be associated with both risks and benefits for young users. This study explores the influence of the use of Instagram on adolescents' constructions of self and interpersonal experience.
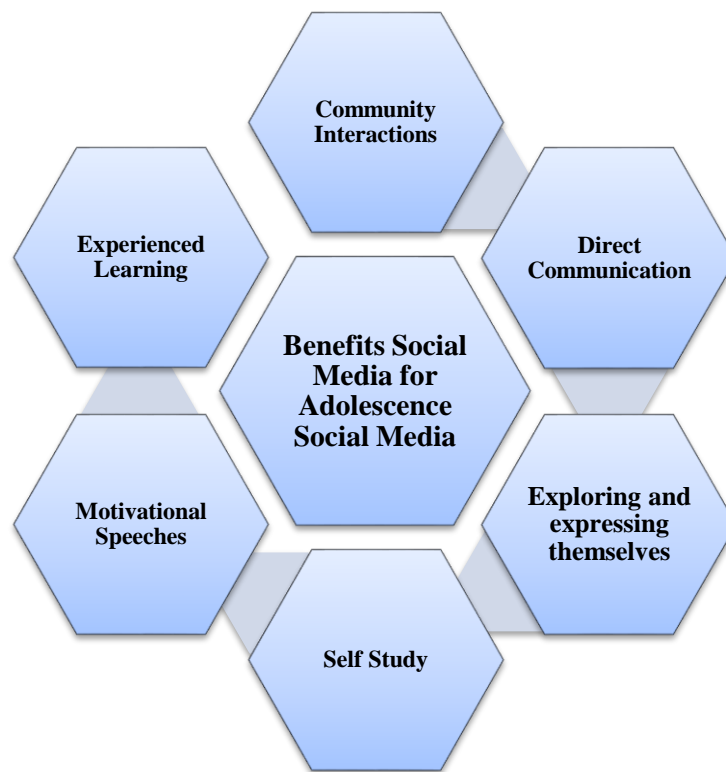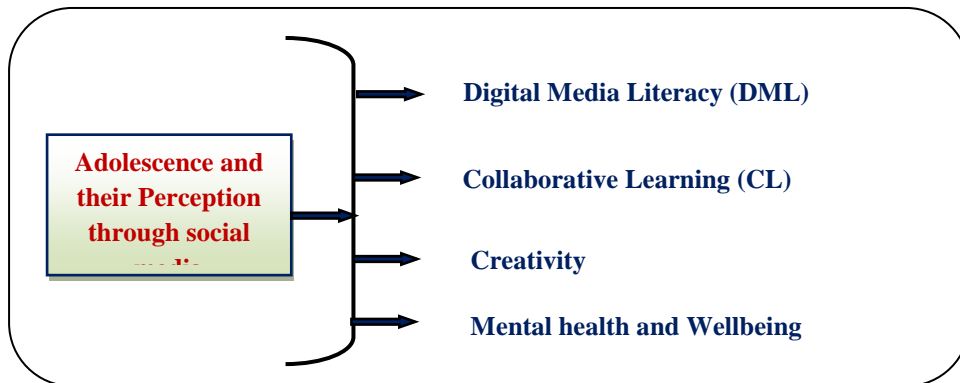
Using social media means uploading and sharing content. This includes:

- ✓ creating online profiles
- ✓ posting comments or chatting
- ✓ uploading photos and videos
- ✓ reacting to or 'liking' other people's posts
- ✓ sharing links
- ✓ tagging photos and content
- ✓ creating and sharing game modifications
- ✓ remixing or changing existing content and sharing it.

Social media is a big part of many young people's social and creative lives. Children and teenagers use social media to have fun, make and maintain friendships, share interests, explore identities and develop relationships with family. It's an extension of their offline and face-to-face interactions. For older teenagers especially, it's often a key part of how they connect with friends.

Adolescence and their Perception through Social Media:

Followings are some important examples of understanding the Adolescence and their Perception through social media-

Adolescence and their Perception through social media

Digital Media Literacy (DML)

Collaborative Learning (CL)

Creativity

Mental health and Wellbeing

- **Digital Media Literacy (DML):** exploring and experimenting on social media can help your child build knowledge and skills to enjoy online activities and avoid online risks.

- **Collaborative Learning (CL):** your child can use social media to share educational content, either informally or in formal school settings.

- **Creativity:** your child can be creative with profile pages, photos and video, and modifications for games.

- **Mental health and wellbeing:** connecting with extended family and friends and taking part in local and global online communities can give your child a sense of connection and belonging.

Most popular social sites that adolescence use, and how they work:

1. Facebook

A free site where registered users (aged 13 and up) can share pictures, links, videos, and other content with their 'friends'. Friends are other registered users you have connected with within the network. Most of the time, anything you share will only be seen by the people you have 'friended'. Facebook changes it's privacy settings regularly so it's important to stay up-to-date with their settings and policies.

2. Instagram

A free image sharing service that is used mainly on mobile devices. On Instagram, it's common to connect with people you don't know but share common interests with (for example, Taylor Swift). You can have a public account or a private account where only friends can see your posts. Instagram also has their own privacy settings to stay up-to-date with.

3. Snapchat

A mobile phone messaging application that allows you to send video or picture messages to one or more people at a time. The messages are only viewable for a few seconds

at a time, as determined by the sender. However, there are ways of saving the images using other phone functions.

4. WhatsApp and messaging services

WhatsApp and messaging applications let you contact friends using internet data (or wifi) instead of your mobile carrier, which reduces the cost of messaging. It can be used without a sim card if connected to a wifi network. It is popular because it allows you to send messages to a group of friends at one time.

The Impact of Social Media Use on Development for Adolescence

Social media is ubiquitous: for virtually all young people, it is the way they connect and communicate. In fact, 81% of adolescents report that the use of social media makes them feel more connected to their friends. This is an obvious benefit to the use of social media amongst adolescents.

Social media plays a big role in adolescence and their perception culture today. Surveys show that ninety percent of adolescence ages 13-17 have used social media. Seventy five percent report having at least one active social media profile, and 51% report visiting a social media site at least daily. Two thirds of teens have their own mobile devices with internet capabilities. On average, teens are online almost nine hours a day, not including time for homework.

Here are positive aspects of social media, but also potential risks. It is important for parents to help their teens use these sites responsibly.

Understanding adolescence and their perception on social media

- ✓ Staying connected to friends
- ✓ Meeting new friends with shared interests
- ✓ Finding community and support for specific activities
- ✓ Sharing art work or music
- ✓ Exploring and expressing themselves

Potential risks for adolescence of social media include:

- ✓ Exposure to harmful or inappropriate content (e.g., sex, drugs, violence, etc.)
- ✓ Exposure to dangerous people
- ✓ Cyber bullying, a risk factor for depression and suicide
- ✓ Oversharing personal information
- ✓ Exposure to excessive advertisements

✓ Privacy concerns including the collection of data about teen users

✓ Identity theft or being hacked

✓ Interference with sleep, exercise, homework, or family activities

Conclusion

Social media refers to any digital platform, system, website or app that enables adolescence to create and share content, and connect with each other. Social media has given to adolescence the ability to instantly connect with others and share their lives through photos, videos and status updates. Adolescence themselves describe these platforms as a key tool for connecting and maintaining relationships, being creative, and learning more about the world. There are many ways to help adolescence learn to use social media sites responsibly. It's important to talk with adolescence about their social media use and your family rules, including consequences for too much use or inappropriate use and whether you will be monitoring their online activities.

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