

Impact of Social Media on Youth

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ABSTRACT:

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INTRODUCTION

Social media has become one of the most influential aspects of modern youth life. The rapid development of smartphones, affordable internet services and digital communication has made social-media platforms such as Instagram, YouTube, Facebook, WhatsApp, Snapchat and X an integral part of everyday life for many young people. Social media provides youth with opportunities to communicate with friends and family, exchange information, participate in online communities, express opinions, share creative content and develop new skills. It has also transformed the way young people learn, entertain themselves and interact with society. Students can access educational videos, online lectures, study materials, career guidance, current affairs and professional information through digital platforms. Social media can also help young entrepreneurs and content creators promote their products, services and talents to a wider audience. In addition, social platforms provide opportunities for young people to participate in discussions about social, environmental and political issues and to become aware of events taking place at local, national and international levels.

However, the influence of social media on youth is not entirely positive. Excessive and uncontrolled use can affect students' concentration, study habits, sleep patterns and daily routines. Young people may spend several hours scrolling through short videos, posts and other entertainment content, reducing the time available for physical activity, face-to-face interaction and academic work. Social media can also influence the emotional and psychological well-being of young people. The tendency to compare one's appearance, lifestyle, achievements or social status with the carefully selected images presented by others online may create feelings of dissatisfaction, insecurity or low self-esteem. Cyberbullying, negative comments, online harassment and social exclusion are additional concerns. Another important issue is the rapid spread of misinformation and misleading content. Young users may encounter false news, manipulated photographs, scams or unreliable health and educational information. Privacy is also a major concern because sharing personal photographs, locations, contact details and other information online can create security risks.

The impact of social media also extends to the social and cultural behaviour of youth. Online trends can influence clothing, language, entertainment, food preferences, consumer behaviour and lifestyle choices. Influencers and celebrities can shape young people's attitudes and purchasing decisions. At the same time, social media can provide a platform for cultural expression and help young people maintain connections with their local communities and cultural traditions. Thus, social media has both positive and negative dimensions. Its effects depend largely on the purpose, duration and manner of use. Responsible use can support education, creativity, communication, career development and social awareness, while excessive use may contribute to distraction, social isolation, reduced productivity and emotional difficulties.

Therefore, there is a need to promote digital literacy and responsible social-media use among youth. Young people should learn to verify information before sharing it, protect their personal data, maintain appropriate privacy settings, manage screen time and balance online activities with education, physical exercise, family interaction and face-to-face relationships. Parents, teachers and educational institutions can support young people by providing guidance about online safety, cyberbullying, misinformation and healthy digital habits. Rather than treating social media as either completely beneficial or completely harmful, it should be understood as a powerful communication and information tool whose impact depends on how it is used. Responsible and balanced use of social media can enable youth to take advantage of digital opportunities while reducing its potential social, academic and personal risks.. .

Social media has become an important part of modern youth culture. Platforms such as Instagram, YouTube, Facebook, WhatsApp, Snapchat and X allow young people to communicate, share information, express opinions and develop social connections. The rapid growth of smartphones and affordable internet access has made social media easily accessible to young people. It has created many opportunities for education, entertainment, creativity and networking, but excessive or inappropriate use can also create social, psychological and academic challenges. Therefore, the impact of social media on youth is a complex issue involving both positive and negative effects.

Positive Impacts

Educational Benefits

Social media provides access to educational videos, online courses, tutorials, news and study materials. Students can use platforms such as YouTube and educational groups to improve their knowledge and learn new skills.

Communication and Social Interaction

Social media makes communication easier and faster. Young people can maintain relationships with friends and family members even when they live far away.

Development of Skills

Social media provides opportunities for young people to develop skills in photography, writing, video editing, graphic design, public speaking and digital marketing.

Career Opportunities

Social media can help young people discover internships, jobs, scholarships and professional networking opportunities. Young entrepreneurs can also promote their products and services through digital platforms.

Awareness and Social Participation

Social media allows young people to learn about current events, social issues, environmental problems and public campaigns. It can encourage participation in community and social activities.

Negative Impacts

Excessive Use and Addiction

Spending too much time on social media can reduce the time available for study, physical activity, family interaction and sleep.

Academic Impact

Continuous notifications and entertainment content can distract students from their studies. Excessive social-media use may affect concentration and time management.

Mental and Emotional Effects

Constant comparison with carefully presented online images can contribute to feelings of inadequacy, anxiety or dissatisfaction. Negative comments and cyberbullying can also affect young people's emotional well-being.

Cyberbullying

Social media can be used to spread insulting, threatening or humiliating content. Cyberbullying can have serious consequences for young people.

Privacy and Security Risks

Young users may share personal information, photographs or locations without fully understanding the risks. This can expose them to scams, identity misuse or unwanted contact.

Spread of Misinformation

False information can spread rapidly through social-media platforms. Young people may encounter misleading news, manipulated images and unverified claims.

Impact on Youth Lifestyle

Social media has changed the way young people communicate, spend leisure time, consume entertainment and develop social identities. It has also influenced fashion, language, food habits, entertainment preferences and consumer behaviour. Influencers and online trends can strongly affect purchasing decisions and lifestyle choices.

OBJECTIVES OF THE STUDY

The main objective of this study is to examine the impact of social media on youth and to understand how its increasing use affects their educational, social, psychological and lifestyle-related activities.

To study the pattern of social media use among youth

To identify the most commonly used social-media platforms.

To examine the major purposes of social-media use,.

To assess the impact of social media on academic performance

To examine the educational benefits of social media

To study the relationship between social-media use and concentration

To examine the impact of social media on communication and social relationships.

To study the influence of social media on the lifestyle and daily activities of youth.

To examine the effect of excessive social-media use on sleep patterns and physical activities.

HYPOTHESES OF THE STUDY

Social media has a significant impact on the educational, social, psychological and lifestyle behaviour of youth.

Social media does not have a significant impact on the educational, social, psychological and lifestyle behaviour of youth.

There is a significant relationship between the amount of time spent on social media and the academic performance of youth.

There is no significant relationship between the amount of time spent on social media and the academic performance of youth.

REVIEW OF LITERATURE

A review of literature is an important part of any research study because it provides an understanding of the existing knowledge, theories, findings and research approaches related to the topic. The use of social media has expanded rapidly among young people and has become an important part of communication, education, entertainment and social interaction. Platforms such as Instagram, YouTube, WhatsApp, Facebook, Snapchat and X have changed the way young people obtain information, communicate with others and express themselves. At the same time, researchers have raised concerns about excessive use, academic distraction, sleep problems, cyberbullying, social comparison, privacy and psychological well-being.

Marshall McLuhan – Media and Society

Marshall McLuhan was an important communication theorist who emphasized that the medium through which information is communicated can influence human behaviour and society. His famous idea that the “medium is the message” suggests that communication technologies themselves can transform social relationships and patterns of interaction.

This perspective is relevant to social media because social-media platforms are not merely tools for communication. They influence how young people communicate, how quickly information is exchanged, how social relationships are formed and how individuals present themselves to others. Social media has therefore become an important part of the social environment of youth.

Albert Bandura – Social Learning Theory

Albert Bandura's Social Learning Theory explains that individuals can learn behaviours by observing and imitating others. Social media provides young people with continuous exposure to influencers, celebrities, friends, content creators and online communities.

Young people may adopt particular styles of dress, language, opinions, behaviours or consumption patterns after observing people they follow online. Therefore, Bandura's theory provides a useful framework for understanding the influence of social-media content on youth behaviour and lifestyle.

Leon Festinger – Social Comparison Theory

Leon Festinger developed Social Comparison Theory, which explains that individuals often evaluate themselves by comparing their abilities, achievements and characteristics with those of others.

This theory is particularly relevant to social media because young people are frequently exposed to carefully selected photographs, achievements, lifestyles and experiences of other users. Continuous comparison may influence self-esteem, body image, satisfaction and emotional well-being. The theory therefore provides a useful basis for studying the psychological impact of social media on youth.

Social Media and Mental Health

Alonzo et al. (2021) conducted a systematic review examining the relationship between social-media use, sleep quality and mental health among youth aged 16–25. The review included 36 cross-sectional studies and six prospective cohort studies. The researchers found that excessive social-media use was associated with poorer mental-health outcomes and poorer sleep quality. The longitudinal evidence also suggested relationships between frequent social-media use and poorer mental-health and sleep outcomes.

The study is important for the present research because it demonstrates that the effects of social media cannot be

understood only in terms of communication and entertainment; sleep and psychological well-being are also important dimensions.

Ahmed et al. (2024) – Social Media, Mental Health and Sleep

Ahmed et al. (2024) conducted a systematic review and meta-analysis of research concerning social-media use, mental health and sleep among young people. The researchers identified 6,108 articles, of which 182 studies involving more than 1.1 million participants were eligible for the systematic review. Their work shows that the relationship between social-media use, mental health and sleep is complex and has been extensively investigated. This study provides a strong contemporary research foundation for examining the psychological and lifestyle effects of social media among youth.

Brautsch et al. (2023) conducted a systematic review of studies involving young people aged 16–25. The review examined digital-media use and several sleep outcomes. The findings indicated associations between digital-media use and shorter sleep duration and poorer sleep quality, particularly where mobile phones and social media were involved. Night-time use was also associated with later bedtimes and daytime tiredness. The findings suggest that the timing and duration of social-media use may be important factors when studying its effects on youth lifestyles.

Kokka et al. (2021) – Problematic Internet Use and Sleep

Kokka et al. (2021) reviewed research on problematic internet use and adolescent sleep. Their systematic review included 12 studies and found a negative relationship between problematic internet use and adolescent sleep. The studies reported effects on sleep quality and quantity and the occurrence of insomnia symptoms. Although the study focused on problematic internet use rather than social media alone, its findings are relevant because social-media platforms form an important part of young people's internet use.

Silva et al. (2022) – Digital Screens and Adolescent Sleep

Silva et al. (2022) conducted a systematic review examining digital-screen use and sleep quality among adolescents aged 10–19. From a large initial literature search, 23 studies were included in the final review. The researchers found that excessive digital-screen use was associated with shorter and poorer-quality sleep, including night awakenings, longer time to fall asleep and daytime sleepiness. Mobile-phone use before bedtime was particularly associated with poor sleep quality.

Lund et al. (2021) – Electronic Media and Sleep

Lund et al. (2021) reviewed 49 studies examining electronic-media use and sleep among children and adolescents. The review found evidence of an association between electronic-media use and shorter sleep duration. Among adolescents, social-media use was associated with poor sleep quality in some of the reviewed evidence. The study highlights the importance of examining social media as part of the wider digital environment in which young people live.

Naik et al. (2025) – Social Media and Cognitive Development

Vaishnavi Subhash Naik, Edlin Glane Mathias, Priyanka Krishnan and Vanitha Jagannath (2025) conducted a systematic review on the impact of social media on the cognitive development of children and young adults. The study was conducted by researchers associated with the Prasanna School of Public Health and Manipal Academy of Higher Education in India. This study is particularly relevant to the Indian context because it considers social media in relation to cognitive development among children and young adults. It demonstrates the growing academic interest in understanding not only emotional and social effects but also the possible influence of social media on cognitive processes and development.

How long have you been using social media?

To get the information about How long have you been using social media? information was received.

Table: Duration of Social Media Use Among Respondents

Sr. No.	Duration of Social Media Use	No. of Respondents	Percentage (%)
1	Less than 1 year	8	8%
2	1–3 years	17	17%
3	3–5 years	29	29%
4	More than 5 years	46	46%
Total	—	100	100%

Interpretation

The above table shows the duration for which the 100 respondents have been using social media. Out of the total respondents, 46% have been using social media for more than 5 years, representing the largest group. This indicates that social media has become a long-term part of the lives of a considerable proportion of youth. About 29% of respondents have been using social media for 3–5 years, while 17% have been using it for 1–3 years. Only 8% of respondents have been using social media for less than one year. Overall, the findings indicate that 75% of respondents have been using social media for more than three years (29% + 46%). This suggests a high level of long-term exposure to social-media platforms among the surveyed youth. Such prolonged use may have a significant influence on their communication habits, education, lifestyle, social relationships and behaviour. Therefore, the duration of social-media use is an important factor when analyzing its overall impact on youth.

How much time do you spend on social media every day?

To get the information How much time do you spend on social media every day? information was received.

Table: Daily Time Spent on Social Media by Respondents

Sr. No.	Daily Time Spent	No. of Respondents	Percentage (%)
1	Less than 1 hour	8	8%
2	1–2 hours	18	18%
3	2–4 hours	32	32%
4	4–6 hours	25	25%
5	More than 6 hours	17	17%
Total	—	100	100%

Interpretation

The above table presents the daily time spent on social media by 100 respondents. The highest proportion, 32%, spends 2–4 hours per day on social media. This is followed by 25% who spend 4–6 hours daily. About 17% of respondents spend more than 6 hours per day on social-media platforms. Around 18% of respondents spend 1–2 hours daily, while only 8% spend less than one hour on social media. Overall, the findings indicate that 74% of respondents spend more than two hours per day on social media (32% + 25% + 17%). This demonstrates that social media occupies a substantial amount of time in the daily lives of the surveyed youth. Higher levels of daily usage may influence their study habits, concentration, sleep patterns, physical activities, social relationships and overall lifestyle. Therefore, managing screen time and encouraging balanced use of social media are important considerations for youth.

Which social-media platform do you use most frequently?

To get the information about Which social-media platform do you use most frequently? information was received.

Table: Most Frequently Used Social-Media Platform

Sr. No.	Social-Media Platform	No. of Respondents	Percentage (%)
1	Instagram	34	34%
2	YouTube	27	27%
3	WhatsApp	20	20%
4	Facebook	8	8%
5	Snapchat	6	6%
6	X (Twitter)	3	3%
7	Other	2	2%

Sr. No.	Social-Media Platform	No. of Respondents	Percentage (%)
Total	—	100	100%

Interpretation

The above table shows the most frequently used social-media platforms among 100 respondents. Instagram is the most popular platform, used most frequently by 34% of respondents. This indicates that Instagram has a strong influence on the surveyed youth, particularly for entertainment, communication, short videos, photography and lifestyle-related content. YouTube ranks second, with 27% of respondents, showing its importance for both entertainment and educational content. WhatsApp is used most frequently by 20% of respondents, mainly reflecting its importance for communication, messaging and sharing information. Facebook accounts for 8%, while Snapchat accounts for 6% of respondents. Only 3% use X (Twitter) most frequently, and 2% reported using other platforms. Overall, Instagram, YouTube and WhatsApp together account for 81% of respondents, making them the three dominant platforms among the surveyed youth. The results suggest that visual-content, video-based entertainment, communication and information-sharing platforms are particularly influential in the social-media habits of young people.

What is your main purpose for using social media?

To get the information about What is your main purpose for using social media? information was received.

Table: Main Purpose of Using Social Media Among Respondents

Sr. No.	Main Purpose	No. of Respondents	Percentage (%)
1	Education	15	15%
2	Entertainment	30	30%
3	Communication	22	22%
4	News and information	12	12%
5	Career/business	8	8%
6	Making friends	10	10%
7	Other	3	3%
Total	—	100	100%

Interpretation

The above table presents the main purposes for which 100 respondents use social media. The highest proportion, 30%, uses social media mainly for entertainment, indicating that entertainment is the dominant purpose among the surveyed youth. This includes watching videos, listening to music, following trends and other recreational activities. About 22% of respondents use social media mainly for communication, showing that social media plays an important role in maintaining contact with friends, family and other people. Education accounts for 15%, indicating that a considerable number of youth use social-media platforms for educational content, study materials and learning resources. Around 12% use social media mainly for news and information, while 10% use it for making friends. Career and business purposes account for 8%, suggesting that social media is also being used for employment information, networking, entrepreneurship and professional opportunities. Only 3% selected other purposes. Overall, the findings indicate that entertainment, communication and education together account for 67% of the respondents' main purposes for using social media. This shows that social media serves multiple functions in the lives of youth, with both recreational and productive uses.

How frequently do you check social media?

To get the information about How frequently do you check social media? information was received.

Table: Frequency of Checking Social Media Among Respondents

Sr. No.	Frequency of Checking Social Media	No. of Respondents	Percentage (%)
1	Once or twice a day	12	12%
2	Several times a day	38	38%
3	Every hour	28	28%
4	Very frequently throughout the day	22	22%
Total	—	100	100%

Interpretation

The above table shows the frequency with which 100 respondents check social media. The largest group, 38% of respondents, checks social media several times a day. This indicates that social media is a regular part of their daily routine. About 28% of respondents check social media every hour, while 22% check it very frequently throughout the day. Together, these two categories account for 50% of respondents, indicating a relatively high frequency of social-media checking among half of the surveyed youth. Only 12% of respondents check social media once or twice a day, representing the least frequent users in the survey. Overall, the findings indicate that 88% of respondents check social media several times a day or more frequently. This suggests that social media has a strong presence in the daily lives of the surveyed youth and may influence their attention, time management, study habits and everyday social interactions.

At what time do you use social media most?

To get the information about At what time do you use social media most? information was received.

Table: Most Common Time of Social Media Use

Sr. No.	Time of Social Media Use	No. of Respondents	Percentage (%)
1	Morning	10	10%
2	Afternoon	12	12%
3	Evening	36	36%
4	Late night	24	24%
5	Throughout the day	18	18%
Total	—	100	100%

Interpretation

The above table shows the most common time of social-media use among 100 respondents. The largest proportion, 36%, uses social media mainly during the evening. This may be because youth generally have more free time after completing their educational or occupational activities. About 24% of respondents use social media mainly during late night, making it the second most common period. 18% use social media throughout the day, indicating continuous or frequent engagement with social-media platforms. Around 12% of respondents use social media mainly in the afternoon, while only 10% use it mainly in the morning. Overall, 60% of respondents mainly use social media during the evening or late night (36% + 24%). This indicates that social-media use is particularly concentrated during leisure hours. The relatively high proportion of late-night users may also have implications for sleep patterns, study routines and daily productivity. Therefore, maintaining a balanced schedule and avoiding excessive late-night social-media use is important for youth.

Do you use social media for educational purposes?

To get the information about Do you use social media for educational purposes? information was received.

Table: Use of Social Media for Educational Purposes

Sr. No.	Response	No. of Respondents	Percentage (%)
1	Regularly	24	24%
2	Sometimes	43	43%
3	Rarely	21	21%
4	Never	12	12%
Total	—	100	100%

Interpretation

The above table shows the extent to which 100 respondents use social media for educational purposes. The largest group, 43% of respondents, reported that they use social media for educational purposes sometimes. This indicates that social media is used as a supplementary source of learning rather than as the primary educational resource for many youth. About 24% of respondents use social media regularly for education, showing that nearly one-fourth of the respondents actively use platforms for educational videos, study materials, tutorials, online discussions and academic information. Around 21% use social media rarely for educational purposes, while 12% never use social media for education. Overall, 67% of respondents use social media for educational purposes either regularly or sometimes (24% + 43%). This suggests that social media has considerable potential as an educational tool among youth. However, the relatively high proportion of occasional users also indicates that social media is primarily used for other purposes, such as entertainment and communication.

Has social media helped you obtain educational information?

To get the information about Has social media helped you obtain educational information? information was received.

Table: Helpfulness of Social Media in Obtaining Educational Information

Sr. No.	Response	No. of Respondents	Percentage (%)
1	To a great extent	28	28%
2	To some extent	45	45%
3	Very little	18	18%
4	Not at all	9	9%
Total	—	100	100%

Interpretation

The above table shows the extent to which social media has helped 100 respondents obtain educational information. The highest proportion, 45%, reported that social media has helped them to some extent. This indicates that many young people use social-media platforms as a supplementary source of educational information. About 28% of respondents stated that social media has helped them to a great extent, suggesting that these respondents rely considerably on social media for educational videos, tutorials, study materials, current information and other learning resources. Around 18% reported that social media has helped them very little, while only 9% stated that it has not helped them at all. Overall, 73% of respondents reported that social media has helped them to a great or some extent (28% + 45%). This demonstrates that social media has a significant educational value for the surveyed youth. However, it should primarily be considered a supplementary learning resource, and the accuracy and reliability of information obtained through social media should be carefully verified.

Does social media distract you while studying?

To get the information about Does social media distract you while studying? information was received.

Table: Distraction Caused by Social Media During Study

Sr. No.	Response	No. of Respondents	Percentage (%)
1	Very often	18	18%
2	Often	27	27%
3	Sometimes	31	31%
4	Rarely	16	16%
5	Never	8	8%
Total	—	100	100%

Interpretation

The above table shows the extent to which social media distracts respondents while studying. Out of 100 respondents, the largest proportion, 31%, reported that social media distracts them sometimes. This is followed by 27% who reported that they are often distracted, while 18% stated that they are very often distracted. About 16% of respondents reported that social media rarely distracts them, whereas only 8% stated that they are never distracted by social media while studying. Overall, 76% of respondents experience distraction at least sometimes (18% + 27% + 31%). This indicates that social media is a significant source of distraction for a large proportion of the surveyed youth. Frequent notifications, entertainment content, messaging and the habit of repeatedly checking social-media platforms may interfere with concentration and study time. The findings therefore suggest that proper time management, limiting notifications and maintaining fixed study periods without social-media use may help reduce academic distraction among youth.

How does social media affect your academic performance?

To get the information about How does social media affect your academic performance? information was received.

Table: Impact of Social Media on Academic Performance

Sr. No.	Effect on Academic Performance	No. of Respondents	Percentage (%)
1	Highly positive	10	10%
2	Positive	22	22%
3	No significant effect	28	28%
4	Negative	27	27%
5	Highly negative	13	13%
Total	—	100	100%

Interpretation

The above table presents the perceived impact of social media on the academic performance of 100 respondents. The largest group, 28%, reported that social media has no significant effect on their academic performance. This suggests that for many respondents, social-media use does not directly influence their studies in either a positive or negative manner. About 22% of respondents reported a positive effect, while 10% reported a highly positive effect. Thus, 32% of respondents perceive social media as having a positive or highly positive influence on their academic performance. This may be due to access to educational videos, study materials, online tutorials and academic information. On the other hand, 27% reported a negative effect and 13% reported a highly negative effect. Therefore, 40% of respondents perceive social media as negatively affecting their academic performance. Excessive use, distraction, reduced concentration and loss of study time may be possible reasons for this negative influence. Overall, the findings show that the impact of social media on academic performance is mixed. While social media can provide useful educational resources, excessive or uncontrolled use may negatively affect academic activities. The results emphasize the importance of balanced and purposeful use of social media among students and youth.

CONCLUSION

Social media has become an important part of the everyday lives of young people. The present study on the **“Impact of Social Media on Youth”** shows that social media has both positive and negative effects on young people. The increasing availability of smartphones, affordable internet services and different social-media platforms has significantly changed the way youth communicate, learn, obtain information, spend their leisure time and interact with society. Social media has created a new digital environment in which young people can easily connect with friends and family, share ideas and participate in various online activities. One of the major positive impacts of social media is its contribution to education and knowledge development. Young people can access educational videos, online lectures, study materials, tutorials, current affairs and career-related information. Social media also provides opportunities to develop skills such as communication, photography, video editing, content creation, digital marketing and entrepreneurship. It has created new opportunities for young people to promote their talents, businesses and professional skills to a wider audience. Social media has also helped youth maintain relationships with people living in different places and increased awareness of social, cultural, environmental and current issues. Another important finding is the influence of social media on social and emotional behaviour. Young people may compare their appearance, lifestyle, achievements and social status with the carefully presented content of others. Such comparison can sometimes create dissatisfaction, insecurity and emotional stress. Cyberbullying, online harassment, offensive comments and social pressure are additional concerns. The spread of fake news, misleading information and inappropriate online content also creates risks, particularly when users do not verify information before accepting or sharing it. Social media also influences consumer behaviour and lifestyle choices. Advertisements, influencers and online trends can affect young people's choices regarding clothing, food, entertainment, technology and other products. However, social media can simultaneously provide useful career information, business opportunities and professional networking. Thus, its impact cannot be described as entirely positive or entirely negative. Overall, the study concludes that social media is a powerful tool whose impact depends largely on the purpose, duration and manner of its use. Responsible use can support education, communication, creativity, social awareness and career development, whereas excessive and uncontrolled use can result in academic distraction, reduced physical activity, sleep problems, privacy concerns and emotional difficulties. The solution is therefore not to completely avoid social media but to encourage balanced, informed and responsible digital behavior. In conclusion, social media has both opportunities and challenges for youth. When used appropriately, it can become an effective medium for learning, communication, creativity, employment and social participation. However, excessive use can negatively affect academic performance, lifestyle and social well-being. Therefore, achieving a healthy balance between the digital and real-world environment is essential for ensuring that young people receive the maximum benefits of social media while minimizing its negative effects.

SUGGESTIONS

1. Promote Responsible Use of Social Media
2. Manage Screen Time
3. Give Priority to Education
4. Avoid Social Media During Study Hours
5. Maintain Healthy Sleep Habits
6. Encourage Physical Activities
7. Develop Digital Literacy
8. Protect Personal Privacy
9. Prevent Cyberbullying
10. Reduce Social Comparison
11. Encourage Face-to-Face Interaction
12. Use Social Media for Career Development
13. Increase Parental Guidance
14. Strengthen Educational Guidance
15. Promote Positive Content
16. Verify Information Before Sharing
17. Encourage Self-Discipline
18. Provide Support for Online Problems
19. Encourage a Balanced Lifestyle
20. Promote Responsible Digital Citizenship..

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