

Adolescents and their Social Life : Evolution, Influence, Difficulties and Explication.

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Abstract- With each passing day, the world is changing and so are we. And with each next generation, the life and the way of living of everyone is constantly adapting to new technologies. So the paper begins with the introduction to social life of adolescents and how their life style has changed as Generation Z (Gen Z) as compared to prior generation. Next, we see about their social life and how it is affecting them and about the decisions they make because of social pressure and social circumstances. At the end, we'll discuss about the problems or fear they are facing and their solutions. Overall, it will give you a informative perspective of today's adolescents and how are they living in their social life.

Keywords: Adolescents, Social Media, Internet, Evolution.

INTRODUCTION

As the world is progressing, the striplings are shifting towards social media vigorously with mental as well as physical effort. Even the children are not lacking behind in this race. Media devices usage is increasing every year in many countries. A 2021 Census report revealed a progressive increment of smartphones usage by adolescents, reaching 95%. To be specific, majority of adolescents (59%) admitted that they use smartphones more promptly than past. On the internet in 2023, an estimated 4.9 billion use social media across the world. As it is spreading in every person's life, the social media apps like Facebook (2.9B), Instagram (2.35B), Youtube (2.5B), TikTok(1.677B), Snapchat (384M) are the most used apps among adolescents all over the world. In 2020, the COVID-19 pandemic resulted in the disruption of everybody's life as most of the things are going through mobile phones. A survey held in 2015, shows that coverage of mobile phones has raised from 12% of the world's population in 2000 to 96% in 2014.

Evolution of adolescents

There has been a vast difference between the adolescents and the past generation till now and is constantly increasing with every passing day as we're evolving with time. Like earlier the people were more fit, fine, happy and healthy than today's time being. Between 1991 and 2016 it has been found that the adolescents who spent more time on electronic communication and screens like social media, texting, electronic games, internet — were less happy, less satisfied with their lives and had lower self esteem. Their psychological well-being also began to decline after 2012. Their satisfaction level is continuously falling every year. Television watching has also been declined over nearly two decades.

“The sudden shift in well-being around 2012-13 suggests that the trends in adolescent time use reached a tipping point around that year, perhaps due to the market saturation of smartphones in that period,” wrote the authors, Jean M. Twenge and Gabrielle Martin of San Diego State University and W. Keith Campbell of the University of Georgia.

In fact, teen ownership of smartphones began to stabilize in 2014-15 and so with the increase in mental issues and illness. Earlier people tend to be more enthusiastic, noble and satisfied. The physical well-being and span of life were also better and longer.

Social Media & it's influence on minds

Now, the adolescents are so prone to their social media lives or we can say fake lives they have created that they are willing to do anything to maintain their social media image. This has created depression, anxiety, loneliness and what not if we see it. They will capture every good things happening in their lives and share it leaving the bad things behind which will make them want only good things to happen and get anxious when baad things happen. Most of the adolescents also get jealous of their friends because of the good things going on in their lives and starts overthinking. They are so used to the social life that they can't live a single day without it and the first thing they do after getting up is to go through their social media accounts. It has become a necessity in every adolescent's life making it an addiction. Many of the adolescents uses social media to hide themselves from their reality in which they are living and see it as an escapism. And most of them who seems happy and perfect in their social life is going through something in real life because life can never always be perfect.

Difficulties faced by adolescents

As influencing the social media is on the adolescents, it is making them hide their identity, insecurities, reduce their confidence and self esteem. They are even dependent upon the internet for making their important life decisions or simplifying difficult choices. The adolescents are also making themselves impatient because of the internet that is always available for them whenever they want. Also increasing their anger issues and frustration in general. People on internet and social media which are mostly adolescents are prone to high risk of diseases. The internet is making the human to come out with their worse qualities.

Explication on how to solve the difficulties

If I say that the adolescents should practice yoga, read books that bring positivity and motivation into their lives, listen to podcasts that brings happiness and youthfulness, then it's right but no one will do it even after knowing how helpful these can be proven to them. So, as passed down the phase of being an adolescent myself, I'll advice that spend some time alone and think about anything even when you don't want to leave your mobile phone. As most of the adolescents like to spend time alone peacefully it's not a big deal. Make a habit of it. Write down your thoughts in your diary and share it with your close ones if you want to. Daily try to make a move that can bring a tiniest change in your life. And don't think about the past regretting or thinking what if I did this or what if I did that and else. Do something that will boost your confidence even slightly and try to make decisions yourself that will improve your self esteem. Talk with your parents, siblings or grandparents it will surely bring a comforting joy or a feeling of satisfaction to your mind that you can never get it on internet and social media.

Conclusion

Thus, as we discussed about the adolescents and their social life in this paper. We came to conclude that with time everything and everyone is changing and how the adolescents are living their lives, how it is affecting them and their mental and physical beings, how with time they evolved and how we can solve the difficulties they are facing. Hopefully this will give you a good insight of today's adolescents.

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