

EFFECTS OF FACEBOOK ON ADOLESCENTS

***Dr. Madhuri Hooda & **Ankur Tyagi**

Abstract

Facebook, founded on 24 February 2004 by Mark Zukerberg and his friends to connect only university student, has extended to users worldwide. It has become an essential part of adolescents' life with many benefits and shortcomings. The positive effects are mainly social and psychological which boost self esteem. While the biggest drawback of using Facebook is that it has a very narrow border line between favorite pass time and addiction. This paper presents the good and bad effects of Facebook on adolescents.

Keyword: *Facebook, Adolescent*

Introduction

Social Networking websites are virtual community which allow people to connect and interact with each other on a particular subject or just "hang out" together online (Murray & Waller 2007). Facebook is an online social networking service based in Menlo Park California, U.S. Facebook was launched on Feb. 04, 2004 by Mark Zucherberg with his Harvard College roommates and Fellow students Eduordo Saverin, Andrew MC Collum, Dustin Moskovitz and Chris Hughes. Initially Facebook usage was limited to Harward students only but later it was expanded to higher education institutions in the Boston area, the Ivy league and Standford University. On Sept. 26, 2006, facebook was opened to everyone in general age of 13 and older with a valid e-mail address. By 2007, the use of facebook become so ubiquitous that the generic verb "Facebooking" has come into existence to describe the process of browsing others profiles on updating one's own. (MC Donald, 2007). In December 2008 Collins English Dictionary declared "Facebook" as its new word of the year. In December, 2009, the new Oxford American Dictionary declared its word of the year to be the verb "unfriend" to remove someone as a friend

*** Assistant Professor, Department of Education, Maharshi Dayanand University, Rohtak**

**** Research Scholar, Department of Education, Maharshi Dayanand University, Rohtak 11**

on a social networking sites such as facebook. In May 2014, the countries with the most facebook usage were :-

1. United States (151.8 Million Members)
2. India (108.9 Million Members)
3. Brazil (70.5 Million Members)
4. Indonesia (60.3 Million Members)
5. Mexico (44.4 Million Members)

As of March 2013, Facebook hits 1.11 billion Monthly Active Users globally. In Jan., 2016 facebook messenger reported 800 million users. On 31st March, 2016 Facebook has 1.09 billion on average Daily Active Users (DAUs). Mobile users are 989 million on average. Monthly Active Users (MAUs) are 1.65 billion as on March 31, 2016 and Mobile MAUs are counted 1.51 billion as of March 31, 2016. (Facebook Reports First Quarters 2016 Results and Announces Proposal for New Class of Stock). – In India also it was 162.34 Millions and expected to be 318.76 Million in 2020 (www.startista.com).

Facebook with more than billions of its users, is becoming the first social networking site choice of adolescents. It is the need and demand of the hour to analyse its effect on our students.

Benefits of Adolescents Using Facebook

a) Connecting with those who live far away:

At the age of tough cut competitions. People lives far away from their home to learn their livelihood. Facebook provides a great opportunity to keep in touch with loved one who are thousands and thousands miles away. Facebook open a provides a platform which allow for ultimate understanding of what is happening in someone's life. Facebook is an amazing tool where the pictures, the shared posts and the status updates render a better picture of what is going on in one's life. It is found to be a great source of association and communications for the families who settled abroad and want to have a strong communication with their home land and its habitants.

* Assistant Professor, Department of Education, Maharshi Dayanand University, Rohtak

** Research Scholar, Department of Education, Maharshi Dayanand University, Rohtak 12

b) More Social Interactions

As human being is designed to be a social creatures, social interaction is the key for human happiness. There are many people who are not comfortable on face to face staff. Facebook provides them a wide platform of being social. Facebook is a great way to add more and more social friend in his the friend list and to join the groups. Facebook also provides opportunities to involved in many social events tent charities which gives a better feeling to be involved in social event and characters. Facebook provides a great way to integrate more social interactions for those people also who are loss than super social or shy.

c) **Friends lives** – Today life gets pretty hectic that it is really hard to keep track of it. At this time facebook provides us that platform to be stating up to data on characteristic going on with one's friends without having to talk to them on see them even single day. The status and updates posted on facebook wall presents a clear picture of progress and changes of one's life.

d) **Opportunities to meet new people** – Facebook is a amazing tool for making friends. Facebook helps people to find online friends with common interests and these make this virtual friendship a real world friendship. Facebook provides opportunities to make new connections to main the old relationship and to see what one has in common and to understand that person on another level also. By making new connections, one broaden one's horizons and learns new things about the friends and the world.

e) Lots of great resources and information

Facebook keeps us in touch with our friends and family. Facebook is a tool to learn not only one friends and family but also about the world of our social network. There are many sensitive topics which enforce us to thing over the matters. Many information are collected on facebook also. Even top politicians like Narendra Modi, Mamta Banerjee, Akhlesh Yadav, Arvind Kejriwal etc. gives importance to social networking sites.

* Assistant Professor, Department of Education, Maharshi Dayanand University, Rohtak

** Research Scholar, Department of Education, Maharshi Dayanand University, Rohtak 13

f) Final Self Esteem

Feeling of being listened and is taken seriously boosts and self esteem. Students fell better about themselves after they updated their facebook profile. According to researchers, posting sometimes about oneself on facebook, regardless of what is writing, boosts the self confidence. Michizan State University study says that students with low self esteem and happiness levels who used facebook more frequently felt more connected to friends and campus life than those who logged on less often.

g) Strengthen Friendship

Facebook comments positive interactions among friends. Both private messages and wall posts allow facebook users to confide in their friends, to surf down memory lane and laugh out loudly, promoting happy feelings.

h) Foster Creativity

Facebook is a platform to faster creativity. Here sky is the limit. User can decorate his facebook wall as he wants. He can decorate it creatively. How user updates his status also how the creative attitude of the user.

i) Enhanced Learning Opportunities

Facebook allows students to gather virtually to collaborate and exchange ideas about assignments. Students may join many academic groups and the groups especially created for competitive examination. It enhances learning opportunities for the students. If facebook is properly used it may enhance the communication as well as written skills.

j) Exchange of academic information

Academically oriented informations are sought via facebook walls. Students may exchange information about academic and intellectual requirements of their courses. As discussion clears doubts, facebook provides a plateform to discuss, to comment and to like the educational ideas and thoughts. Now a days all reputed institutes have their own page and all the academic informations are just one click away.

k) Recounting and reflecting on the school experience

* Assistant Professor, Department of Education, Maharshi Dayanand University, Rohtak

** Research Scholar, Department of Education, Maharshi Dayanand University, Rohtak 14

Facebook and facebook messenger are very popular among Indian students. They post their day to day activities including their school experiences also. They use facebook to describe and deliberate on their school experiences. It may be lectures, seminars, workshops or some visits or encounters with teaching staff also. It all reflects their school experiences and enhances academic activities.

Risk of Using Facebook

Every coin has two faces, so facebook also. Facebook enhances the opportunities of learning experiences, on the other hand using facebook may be a risky task. It may be risky due to some following reasons.

a) Cyber bullying and online harassment:

Cyber bullying is an act of harassing someone online, by sending or posting mean messages, usually anonymously. With the increased use of electronic media and electronic communication technology cyber bullying has become increasingly common, specially among adolescents. It is one of the most common online risk for all teens and is a peer to peer risk. It can cause of serious consequences such as – lower self esteem, increased suicidal ideation, retaliating, being scared and depressed.

b) Sexting

Sexting can be defined as sending and receiving sexually explicit messages, between mobile phones or other digital devices. A recent survey found out that 20% of teens sent or posted nude or seminude photographs or videos of themselves. Facebook has promoted sexting, and sexting became easy using facebook.

c) Facebook Addiction

Rapid growing usage of facebook leads to our students facebook addiction. Students are being addictive to facebook usage and facebook addiction leads to wastage of time. Lower in academics, ending to face to face interaction and above all leads to depressive conditions.

* Assistant Professor, Department of Education, Maharshi Dayanand University, Rohtak

** Research Scholar, Department of Education, Maharshi Dayanand University, Rohtak 15

d) Loss of writing and reading skills

As electronic media has entered in our lives, we forgot books. Reading books was one of the fav. Time pass for the students. How choices has changed. Students spend their time using facebook, or chatting through another electronic media. Short messaging services has also spoiled the writing skill completely. Facebook usage should be limited and reading and writing skills should be enhanced in schools.

e) Privacy Concern

One of the main risks for students of using facebook is about its privacy matter. Many times people post and share false information about themselves and others. These information some time affect students also. Students post plenty of information about their lives and life styles, which attracts the bad elements as an easy tool to get information about.

Helpful Hints to Stay Safe And Be Prepared

- Evaluate your Facebook account and postings
- Do not post private information such as cell phone numbers, address, class schedule, social plans, etc.
- Utilize the "Privacy" settings on your Facebook account-you can adjust your privacy settings so as to control who has access to your personal information

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* Assistant Professor, Department of Education, Maharshi Dayanand University, Rohtak

** Research Scholar, Department of Education, Maharshi Dayanand University, Rohtak 16

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* Assistant Professor, Department of Education, Maharshi Dayanand University, Rohtak

** Research Scholar, Department of Education, Maharshi Dayanand University, Rohtak 17