



Impact Of Mobile and Social Media for Children's Especially Adolescence

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Abstract

"The excessive use of mobile devices has a negative impact on growing children. To address this issue, not only do parents need to provide guidance and support, but teachers, society, and the government must also play an active role in finding solutions."

The impact of mobile phones in education, especially for children, is a topic of considerable debate. On one hand, mobile devices can provide valuable educational opportunities; on the other hand, excessive use or improper use can pose risks to children's development. Here's a breakdown of the positive and negative impacts:

Positive Impacts of Mobile Phones in Education for Children

1. Access to Learning Resources:

- Mobile phones allow children to access a vast range of educational content, including e-books, educational videos, and interactive learning apps. These resources can enhance learning in subjects like mathematics, science, and languages.
- Platforms like Khan Academy, Duolingo, and Coursera offer free courses that children can use for self-paced learning.
- Some platforms provide paid courses for various competitive exam preparations

2. Improved Engagement and Interactivity:

- Mobile devices can provide interactive lessons that engage children more effectively than traditional teaching methods. Educational games, quizzes, and apps like Scratch or Tynker help children develop coding and problem-solving skills.
- Gamification of learning can improve motivation and make education more enjoyable.

3. Personalized Learning:

- Mobile phones can cater to the individual needs of each student by offering personalized learning experiences. Children can progress at their own pace, receive instant feedback, and revisit difficult concepts whenever necessary.
- Apps like Google Classroom and Quizlet enable teachers to assign personalized tasks and track progress.

4. Enhanced Communication and Collaboration:

- Mobile phones allow for easier communication between students, teachers, and parents, especially with apps like Zoom or Google Meet facilitating online classes.



- Collaborative learning is also supported through shared platforms, where children can work on group projects and share resources easily.
5. **Learning on the Go:**
- Mobile phones allow children to continue learning outside the classroom, providing opportunities for learning during travel or while waiting. This flexibility can turn idle time into productive learning moments.
6. **Skill Development:**
- Mobile phones expose children to a wide range of skills, such as digital literacy, time management, and critical thinking, which are essential in the modern world.
 - Educational apps also support language learning, creativity, and even physical education through exercise apps and tutorials.

Negative Impacts of Mobile Phones in Education for Children

1. **Distraction and Reduced Focus:**
- One of the most significant challenges is the potential for mobile phones to be a major distraction. Children may become distracted by social media, games, or messaging apps during study time, negatively affecting their learning.
 - The constant notifications from apps can disrupt focus and reduce productivity.
2. **Excessive Screen Time:**
- Prolonged use of mobile phones can lead to health issues such as eye strain, headaches, poor posture, and sleep problems. Research suggests that excessive screen time can disrupt sleep patterns, particularly when children use their phones late into the night.
 - Overuse can also contribute to a sedentary lifestyle, affecting physical health and development.
3. **Privacy and Security Concerns:**
- Children may not fully understand the risks of sharing personal information online. Mobile phones can expose them to online predators, cyberbullying, or inappropriate content if proper security measures aren't in place.
 - Many apps collect personal data, raising concerns about privacy breaches and the potential misuse of information.
4. **Impact on Social Skills:**
- Excessive use of mobile phones can lead to reduced face-to-face interactions, which are essential for developing social skills. Children may become more reliant on digital communication, which can hinder their ability to engage in meaningful, in-person conversations.
 - Mobile phones can also contribute to feelings of isolation if children focus more on online interactions than on physical activities or spending time with family and peers.
5. **Dependency on Technology:**
- Over-reliance on mobile phones for learning can make children dependent on technology and limit their ability to think critically without digital assistance.



- If mobile phones are used as a primary tool for education, it may diminish traditional learning skills, such as handwriting, reading books, and critical thinking without tech aid.
6. **Increased Inequality:**
- Not all children have equal access to mobile phones or the internet, which can widen the educational gap between those with and without access to technology. Children from lower-income families may struggle to participate in mobile-based learning.

Children adolescence in India face several health issues due to the extensive use of mobile phones and social media. These effects span physical, mental, and behavioural dimensions.

1. Physical Health Issues

➤ *Eye Problems*

- a. **Digital Eye Strain (Computer Vision Syndrome):** Prolonged screen exposure causes eye fatigue, dryness, and irritation.
- b. **Myopia (Nearsightedness):** Increased screen time has been linked to a rise in vision problems among children.

➤ *Poor Posture and Musculoskeletal Problems*

- a. **Text Neck Syndrome:** Continuous bending over screens can lead to neck pain and posture-related issues.
- b. **Back and Shoulder Pain:** Sitting for long hours with improper posture affects musculoskeletal health.

➤ *Obesity*

Sedentary lifestyle due to mobile usage reduces physical activity, leading to weight gain and associated problems like hypertension.

➤ *Sleep Disorders*

- a. **Blue Light Effect:** Exposure to screens before bedtime disrupts melatonin production, causing difficulty in falling asleep.
- b. Reduced sleep quality impacts overall health, concentration, and growth.

2. Mental Health Issues

➤ *Anxiety and Depression*

- Constant comparison with peers on social media can lead to feelings of inadequacy.
- Cyber bullying or trolling can create significant emotional distress.

➤ *Addiction*

- **Screen Addiction:** Excessive mobile and social media use leads to dependency, impacting daily routines and emotional stability.



- Disconnection from real-world activities fosters withdrawal symptoms when away from devices.
- **Attention Deficit**
- Shortened attention spans and inability to focus on studies or conversations due to frequent notifications and multitasking online.
- **Low Self-Esteem**
- Social validation dependency (likes, comments) can lower self-confidence and increase sensitivity to criticism.

3. Behavioral Issues

- **Aggression and Impulsivity**
- Exposure to violent or inappropriate content on social media can influence aggressive behavior and impulsive decision-making.
- **Social Isolation**
- Overuse of mobile phones leads to reduced real-world interactions, weakening social bonds and communication skills.
- **Risk-Taking Behaviors**
- Influence from trends and challenges on social media may encourage risky activities, such as dangerous stunts.

4. Cognitive and Developmental Challenges

- **Delayed Cognitive Development:** Overexposure to screens at a young age can hinder critical thinking and creativity.
- **Language Delays:** Excessive screen use reduces verbal interaction, slowing language acquisition in young children.

5. Hearing Damage

- **Hearing Loss:** Prolonged use of headphones at high volumes can damage hearing, a growing concern among teenagers.

6. Increased Risk of Lifestyle Diseases

- Prolonged sedentary behavior and poor eating habits influenced by screen addiction raise risks of early-onset diabetes, cardiovascular issues, and hormonal imbalances.

Australia passed a law banning social media for children under 16 setting a global standard. The law effective in November 2025 requires platforms to implement age verification



protections. The legislation follows heated debate and broad support across the political spectrum including from the opposition. The senate approved the law after it passed the House of Representatives on November 27, 2024.

The law is part of a global push to curb big tech's influence and protect children's online safety platforms like Meta's Instagram and Tic Tok face fines up to \$32 million of non compliances. A parliamentary inquiry revealed cases of children self harming due to social media bullying. Domestic media including Rupert Murdoch's News corp, strongly supported the ban.

Critics argue the ban may push young users to more dangerous corners of the internet. Privacy advocates and child rights group expressed concerns 77% of Australians support the measure. The law effect in November 2025 requires platforms to implement age verification protections. The Senate approved the law after it passed the House of Representatives on November 27, 2024.

Mobile phones have the potential to revolutionize education for children by offering greater access to resources, interactive learning tools, and the ability to communicate easily. However, to maximize the benefits and minimize the negative effects, it is crucial to set boundaries on screen time, ensure the use of educational apps and platforms, and maintain a balance with traditional learning methods. Parents, educators, and policymakers should work together to create a safe, balanced, and productive mobile learning environment for children.

Social media is filled with filters, editing apps, and selective posting, which can create unrealistic body standards. Children's, particularly those in their teenage years, may struggle with body image issues due to the pressure of conforming to these standards. the life of children's. Adolescents may constantly compare their lives, appearances, and experiences to those of their peers or influencers, leading to dissatisfaction with their own reality. Excessive use of social media can interfere with homework, studies, and other responsibilities. Social media use, particularly late at night, can disrupt sleep patterns, which is crucial for an adolescent's growth and development.

Social media facilitates virtual interaction, it can reduce face-to-face communication, which is essential for developing real-world social skills. Adolescents may experience anxiety over missing out on social events or experiences that their peers are posting about online, leading to feelings of exclusion or loneliness.

Younger teens may be more vulnerable to the negative effects of social media than older adolescents, as they may not have fully developed coping mechanisms or the ability to critically evaluate online content. Adolescents with low self-esteem, poor social support, or pre-existing mental health conditions might be more susceptible to the negative effects of social media. Passive use (e.g., scrolling through feeds) is more likely to lead to negative outcomes like depression, while active use (e.g., creating content, engaging in discussions) may have more positive effects.



Parents required to set boundaries and rules for using mobile and social media. They need to promote their child for promoting balance online activity and offline activity and ensuring devices are not used during important times like family meals or bedtime. Parents should maintain open, non-judgmental communication with their children about their social media activities. Encouraging conversations about online experiences, cyberbullying, and any negative emotions tied to social media can help adolescents feel supported and reduce isolation.

Parents always required a healthy environment so that the children always share their feelings and curiosity and not use social media for finding. The aim is not to completely discourage mobile phone and social media use, but to help children navigate these platforms mindfully and responsibly. Parents, by fostering a supportive and open environment, can give adolescents the tools they need to make healthy decisions and manage the influence of social media in a positive way. This approach creates a partnership where both parents and children collaborate to build digital habits that contribute to their overall well-being and development.

Conclusion: - Addressing these health concerns requires a collaborative effort between parents, schools, healthcare providers, and policymakers. Only through a collaborative and holistic approach can we create a balanced environment where children can harness the benefits of technology while safeguarding their physical, mental, and social well-being."

"Just as Australia has implemented measures to regulate social media usage, India should also consider adopting similar rules to ensure a safer and healthier digital environment for its citizens, especially for growing children."

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