UHAK 1012 - 63

Title: Impact of social media to teenagers in Malaysia

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Social media is one of the mediums that people use to connect with each other. Not only with people closest to them but also those far away. Social media is very popular and significant among teenagers. The use of social media not only benefits the teenagers but it also results in disadvantages to them. Among the most significant problem is which leads the teenagers not knowing which is the content is privacy, appropriate or not to share the content it (Clarke-Pearson,2011). Besides, social media can benefits teenagers as a source of news not only local news but all around the world (Nielsen,2014) . It encourages and improves interactive communication between people using technologies but nowadays era where learning is using formal and informal learning using social media and supporting student self-regulated learning in higher education contexrs (Dabbagh, 2012)There are 3 major implications of social media addiction to teenagers and ways to overcome them.

One of the impacts of social media on teenagers in Malaysia is it can affect their communication skill. This can be said to be one of the biggest problems because if we can see this issue on a larger scope, the way the teenagers interact with the community, it is hard for them to put in a plain english. Social media affects teenagers where they only interact among people in sosial media because it is the only platform for them to interact and this cause them to cutback their quality in interpersonal communication (Reinder, 2017). Besides that, communication skills among teenagers were very poor because they often use a shortened version of words in order to type and deliver their messages as quickly as possible (Reinder, 2017). Using it in informal texting is acceptable, but sometimes teenagers use shortened version of the words in formal texting and if they keep on using the short-form of a word, the probability of the word for being misspelled is higher . This totally will give the teenagers a poor perspective. Furthermore, an adverse effect on relationships among peers also one of the impact of social media on the communication skill to teenagers (Nicholas,2015). We can clearly see

that on any celebration where relatives are gathering, instead of busy talking they are occupied with their own social media als when gathering in the same table , each of them was busy with friends in the virtual world but the relatives who are in front, ignored. This totally can alienate their relationships among relatives.

The way to overcome and improve communication skills among teenagers is by joining a workshop. It is as a booster for the teenagers when they join the workshop because they will be applying the two-way feedback as a method of increasing team communications (Mattias, 2016). Indirectly it helps the teenagers to enhance their communication skill because, in the workshop, they will be groomed to talk in front and help them build their self-confident. Besides that, by joining the workshop, it will help the teenagers to build team spirit. If the team gets on well, they will automatically communicate better (Mattias, 2016). It helps teenagers to counter their fear of speaking in public and the way how to communicate better because of the spirit. In addition, the common way to improve communication skill is to ask teenagers to challenge themselves to overcome their fear of public speaking. They can master the ability to communicate in a large crowd of people (Darmony, 2018). The first step for this challenge is by talking in front of the mirror, where they could see their own face when talking and can fix what is right to build their self-confident. This can help them to proceed by giving a talk or speech in a large crowd. Even though it is a drastic challenge, but it gives a good impact on teenagers how to improve their communication skills..

Cyberbullying is another effect of social media to teenagers. Cyberbullying affects their everyday lives and is a constant source of distress and worry. With versatile innovation being so unreservedly accessible it is a progressing issue and one that is tireless. The latest decade has seen a surge of research on cyberbully, harassing that happens using electronic correspondence advancements, for example, email, messaging, web based life, online gaming, or through advanced messages messages or pictures(Kowalski,2014). It has been presented that cyberbullying resulted in tragic events including suicide, and self-harm. The casualty of cyberbullying are a few signs, for example, low confidence, withdrawal from family and investing a considerable measure of energy alone and unsafe impact is they will discover reasons to remain from school and work since they would prefer not to meet other people. Also we can see that the student in Malaysia when they being bully through cyber , they will undergoes

depression and can cause their academic dropped or worst they will committed suicide .A great deal of thought committed to cyberbully has focused on a very basic level on partner topeer cyberbully occurring through texts, facebook and moment messages(Pyzalski,2011). In other words, cyberbully is one of dangerous effect of social media.

We know that cyberbullying can have devastating impact on some children and teenagers, especially when they feel there is no let up from the abuse. So what help is available if we feel our child might be in danger of self harm or having suicidal thoughts? We need to keep the school involved and put things in writing so we have a formal record of what has been going on(Reinder,2017). Ask the school if there is any pastoral support our child access. From that, we can know what happen to our child in school and we can directly contact teachers to secure our child from dangerous things. Moreover, victims should reach responsible parties who can listen, help the victim process what is going on and work through it such as counselor and parent(Nicholas,2015). This step will help the victims to feel better and they will show some solutions to overcome their problem of cyberbully. The victim can going through their lives as usual and avoid the the cyberbully.

Another effect of social media to the teenagers is body images and also influence the perception of beauty to grow. In some researcher said that social media not only exposes young teenagers especially the girls to certain beauty standard and cultural ideals of womanhood, but also emerging research shows it may contribute to the development of eating disorders and body dysmorphia, in females as well as males. As many as 100 thousand women ad 10 thousand Malaysian men will experience an eating disorder at some point in their lifetime, and a large proportion of those affected are adolescents and teen. More than half of teenage girls and approximately 1/3 of teenage boys engage in eating disorder behaviors such as crash dieting, taking pills or laxatives, and self-induced vomiting(Tackett,2017). In this cases, social media is the medium which support their eating disorder. Teenagers nowadays, the boys or the girl, they spend too much time to the social media such as Whatsapp, Instagram, Facebook, twitter and many other application which can be downloaded easily from the internet. This medium have greater risk of developing eating disorder and negative body images. Also sometimes parent have to take away the gadget to make their sons or daughter for having their meals . On the otherside , some people also did want to eat for having a good shape of body because wanted to impress

themselves on sosial media .It is okay for them to have a smaller or slim body , but the way to have that shape is wrong , they must follow a correct diet . To make it simple, social media will affect teenagers' body image and also effect the beauty grows.

To overcome this problem. The teenagers itself need to set an alarm to theirselves to make to take enough food in a day especially breakfast. Take a slow step and follow food pyramid to ensure your body main healthy. Other than that, the teenagers can find a good mentor to ask for some advises in taking care of their body and help in beauty grows. For example, their parents which have past their teenagers age. To those teenagers that are too addicted to social media, the parents or their parents need to try to invite this teenagers to see the outside world. Ask them to join doing some exercise such as jogging or playing football. Walking around a playground would be good for body.

All in all,social media is a perfect medium to connect with each other without boundaries. As we can see social media have their own advantages and disadvantages . Teenager should use this medium wisely, so that they can control themselves from all disadvantages of social media. Beside the disadvantages, social media can give many advantages to the teenagers. The negative effect can be avoided if the parents take a good care of their children. After all, "Parents are the ultimate role models for children. Every word, movement and action has an effect. No other person or outside force has a greater influence on a child than the parent"(Keeshan, 2003).

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