A Sociological Study of Instagram as a Source of Aggression among Teenagers

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Abstract

Social media is playing an important role in every sphere of life now days. Computers and internet has contributed a lot in this field. Smart phones have put the entire world on a common platform. We can connect with anybody throughout the world with the help of social media. There are many social media networks to choose for the people. In this study cover Facebook, WhatsApp, Instagram, Twitter, YouTube and Google as the popularity of these social media networks is more among Indian youth. Other social media networks were excluded from the study. To find out the impact of media on youth we have look in to both negative and positive impacts, because everything have positive and negative aspects. The study is based on positive and negative impact of social media on social life of teenagers.

Key Words: Contributed, Social Media, Popularity, Positive And Negative etc.

1. Introduction

Today the whole world is in the grip of information and communication technology, which has maximized the scope of exchanging the ideas with rest of the world. Modern Technology has turned the entire world into a "Global village". But it came with its negative and positive sides. Social media has reduced the entire world into a village. We can interact with the entire world with a single click. The same is applicable on the youth. Youth can exchange their ideas and information with the world and also can get the ideas and information from the world to get more opportunities of job, business, study, earning from home, etc. Social media give the opportunity to the youth to make new friends. It also helps them to maintain the old friendships. Social media is also helpful for the people to trace their old departure friends. Social media is a platform where a person can express his ideas without any hesitation. With the help of social media people can work from anywhere any time. The only need to avail these facilities on social media is internet accessibility. On the other hand it has negative aspects also. Internet is not regulated by any law. No restrictions of moral abide by. Teenagers can search anything on social media without any fear. They can search even criminal images and footages which can encourage them to attempt the criminal activities. Negative use of social media can increase the cybercrime. More use of social media can make adverse effect on their mental health and problem of addiction. It has been seen that people setting together always remain busy on their mobile phones instead of talking each other. Same is with the teenagers. They always remain busy in chatting with their online friends instead of face to face society. Teenagers are forgetting the real

social world and busy in artificial world. Social medial also reduces the concentration of the people from their actual works. The study will reveal the positive and negative impact of the social media on teenagers. There are positives aspects of social media by which people can achieve a lot. But some of the negative aspects of the social media can destroy our life like mental illness and morality.

2. Objectives of the Study

1. To study the impact of social media on teenagers.
2. To study the positive effects of Instagram on teenagers.
3. To study negative effects of Instagram on teenagers.

3. Methodology of the Study

The present study has been descriptive; the data for this study were obtained from secondary sources. The secondary data has been collected from various references which already existed in published form; part of the paper is based on literature review the method comprising of collecting all the available papers relating to the theme and selecting relevant papers/books for the review purpose. Selection of the paper is done on the basis of their relevance and contribution to the body of knowledge. The author has made an attempt to do primary reading of the selected papers which will constitute the core of this review study.

4. Impact of Social Media on Teenagers

Social media has made its impact on all sections of the society. People are under the influence of internet and social media networking sites. Corporate sector is playing dominating role on all social media and making its influence on society by providing them different offers. The study is important in the manner that teenagers are under the influence of social media. They want to remain connected with the social media site more and more. The results of the study show a picture of the impact of social media on teenagers. Use of social media sites is minimum for educational purpose. Teenagers were more interested to be connected with their social media friends and society then the real society. Social activities are very important to maintain social network with the real world. But the teenagers prefer social media sites rather than to participate in social activities.

5. Positive Effects of Instagram on Teenagers

Discover how Instagram fosters global connectivity and community building, inspires creative expression, and propels entrepreneurial opportunities. In this section, we explore the platform's role in promoting cultural exchange, awareness, and positive influence through support communities, highlighting the key points that make Instagram a catalyst for positivity and inspiration.

i. Global Connectivity and Community Building:

It facilitates the creation of diverse communities, connecting people across the globe based on shared interests. Users can forge meaningful relationships, fostering a sense of belonging and understanding beyond geographical boundaries.

ii. Creative Expression and Inspiration:

The platform serves as a canvas for creative expression, allowing individuals to showcase their talents and unique perspectives. From art and photography to fashion and lifestyle, Instagram inspires creativity and provides a platform for individuals to discover new ideas.

iii. Entrepreneurial Opportunities and Brand Building:

Instagram empowers entrepreneurs to showcase their products or services, providing a cost-effective and visually appealing way to reach a vast audience. The platform acts as a launch pad for small businesses and individuals looking to build a brand, fostering innovation and economic growth.

iv. Cultural Exchange and Awareness:

It acts as a window into diverse cultures, enabling users to explore and appreciate the richness of global diversity. Through visual storytelling, the platform promotes cultural exchange, breaking down barriers and fostering a more interconnected world.

v. Positive Influence and Support Communities:

Furthermore, the platform serves as a source of positive influence, with users often sharing motivational content, self-improvement tips, and fostering support communities. From fitness journeys to mental health advocacy, individuals find encouragement and solidarity, contributing to a positive online environment.

6. Negative Effects of Instagram on Teenagers

Now, explore the darker side of the popular social media platform as we delve into the negative effects of Instagram. Uncover the key points surrounding social comparison and its impact on self-esteem, the prevalence of cyberbullying and online harassment, and the addictive nature of the platform that can distort time and disrupt healthy lifestyles. Gain insights into the pressures for perfection and privacy concerns that underscore the potential drawbacks of the Instagram experience.

i. Social Comparison and Self-Esteem Issues:

The curated nature of content on Instagram can lead to social comparison, where users may feel inadequate or dissatisfied with their own lives. This can contribute to self-esteem issues and a distorted perception of reality, impacting mental well-being.

ii. Cyberbullying and Online Harassment:

The anonymity provided by the platform sometimes leads to cyberbullying and online harassment. Negative comments, criticism, or even explicit threats can have severe consequences, affecting the mental health of the targeted individuals.

iii. Addiction and Time Distortion:

The addictive nature of scrolling through endless feeds can contribute to excessive screen time, leading to a distorted sense of time. This can impact productivity, disrupt sleep patterns, and contribute to feelings of isolation.

iv. Pressure for Perfection and Unrealistic Standards:

The pursuit of the 'perfect' life depicted on Instagram can create unrealistic standards for beauty, success, and happiness. This pressure to conform to idealized images may lead to feelings of inadequacy and a constant need for validation.

v. Privacy Concerns and Data Exploitation:

Instagram's data-driven model raises concerns about user privacy and data exploitation. Issues such as third-party access to personal information and targeted advertising can compromise user privacy, prompting debates about the ethical implications of such practices.

7. Conclusion

Instagram, the omnipresent social media platform, has undoubtedly transformed the way we interact, create, and establish connections. Boasting a visually compelling interface and a worldwide presence, Instagram has evolved into a digital platform where both individuals and businesses exhibit their narratives, interests, and ambitions. Whether it's the breathtaking allure of travel photography or the personal snapshots of daily life, this digital platform provides a diverse array of experiences that enthralls millions across the globe. Join us in unraveling the multifaceted tapestry of Instagram's impact, exploring both the uplifting and challenging facets that define this influential digital landscape

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