

Social Media Addiction Among Adolescents: A Brief Overview About Recent Findings

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Abstract

This is a brief overview article about social media addiction; what is it? What is the difference between its addiction and common addiction ones? What is the difference between internet sites and social media ones, the reasons and symptoms of addiction, then final conclusion for teenagers?

Keywords: addiction, social media, social media addiction symptoms, teenagers, conscious socialization

1. Addiction and Social Media Addiction

Addiction is any psychological or physiological dependence of an organism on a drug. Originally the term used only for physiological dependencies, where the drug altered the biochemistry of the individual, such as continued doses. (Reber, S.A., 1995: 12).

Social media are the web sites that one interacts with others through the World Wide Web. Addiction here is a metaphoric term that used when one becomes dependent on using such sites in an increasing times increased gradually, and feels worried and anxious if not to use them daily, as they become like drug doses which change biochemistry of the inside body.

Social media sites, as: Facebook, What are App, Twitter, TikTok, Instagram, Messenger, and cyber relationships.

2. Why Teenagers Are the Biggest Customers of Social Media?

The adolescence stage is a formative period in one's life. Personality is still under formation, self-image and self-esteem formation affected mostly by others, especially by mate groups.

Recent studies findings showed that:

- 1) Receiving likes of social media activate the same circuits in the brain activated by eating chocolate or winning money.
- 2) The brain responds to social media in the same way to real life connections, with a release of dopamine; a neurotransmitter that creates feelings of reinforcement.
- 3) A review study in the journal of cyber psychology showed by Facebook addiction scale that Facebook addiction shows the same signs and symptoms of drug, alcohol syndrome.
- 4) A study-exams the link between Facebook and depression showed that social media addiction can negatively impact self-esteem. (www.newportacademy.com)

5) Recent study conducted in Egypt in 2021 showed that social media use addiction increase among adolescences causing sleep quality troubles and negative life satisfaction. (Masood, E.S. et al., 2021: 69-78).

3. What Are Social Media Addiction Symptoms?

Social media addiction is a form of internet addiction in which adolescents are compelled to use social media in excessive amounts. Teens that are addicted to social networking are frequently unnecessarily worried with it and motivated by uncontrollable need to use it. Signs of social media addiction effect mood, perception, physical and emotional responses and behave in psychiatric disorder. According to reports about 12% of teens on social networks suffer from this type of addiction. (Masood, E.S. et al., 2021: 69-78).

48% of teens use social media, 62% of them use it daily. The use among teens went up from 31% between 2019 and 2021 to 38% recently.

Signs of such addiction to recent findings are: Showing anxiety, anger and depression; Caring more about online image; Cutting oneself off from others; Neglecting school or house works.

Constant physical signs as: headaches, back pain, weight fluctuation, sleep and eating troubles.

Self-harming behaviors, and substance abuse. (www.destinationsforteens.com)

4. Conclusion

Teenage time is a period of personality formation, which means that it is a time of shaping the character by socialization. Social media may act as a strong effective way of socialization especially with the absence of parents' rule in their children's lives.

Simply, parents can avoid negatively impact of social media on their children lives by keeping close eyes to their teens, to alternative their use to significance positive impact, instead of addiction manner.

It is a matter of conscious parental socialization as well as the whole community conscious socialization. To prevent future generations from lose, as well as the future of community as well, the more conscious socialization, the more balanced community.

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