

Negative Impact of Social media on youth

Social media has a huge impact on the young generation. Every coin has two sides, therefore, despite of the positive features. It has negative consequences. There are certain photos and videos on internet which promote body dissatisfaction. It also promotes sexual socialization among the teenagers. The chances of addiction and OCD are also very higher, which ultimately leads to psychological deterioration. Depression and OCD are side effects of too much internet usage. The internet could also be used as an escape from their adulting emotions and hormones of adolescence. Not only this, but young people tend to lose their sleep which is another form of insomnia.