

# ( Impact of Social Media on Teenagers' Mental Health )

1-1

Outline

1-2

Introduction

How the social media impacts teenagers' mental health.

1-3

Social media deteriorates the cognitive abilities of an individual.

1-4

Reduces skills of creativity  
Case in point ( About 9 in 20 teenagers )  
use online platforms )

1-5

Social media pushes people away from social gathering, leading to enhance anxiety.

(a) many suicidal cases are ~~reported~~ reported due to social media.

1-6

It creates sense of alienation and affect humans' behaviour

1-7

Following celebrities and influencers make individuals materialistic and undermine their status.

(1-8)

Excessive use of social media contributes to cause mental illness and other diseases.

1.9 Social media is menace towards personal growth.

2.0 (a) Demotivates from studies  
(b) Engaged in illegal activities.

2.0 Excessive usage of social medium lead to failure, fostering stress and anxiety.

may forwards to dismantle utilization of social media.

(1) Strick Policies are needed to abandon teenagers from social medium usage.

(2) Engaging youth in social work can reduce impact of social media.  
(a) Participation in sports and engaging in voluntary services.

(3) Provision of incentives for non utilization of social media.

Conclusion

# Introduction

Social media is an amplifier of human behavior, its effects are only as good as people using it. — Simon Sinek. In

this quote, the author stressed over usage of social media, the control on its usage is in people's hands. In this contemporary time, every individual has become overdependent on social media.

In return, it does not only provide wider benefits, rather also substantially affects human health. Moreover, its excessive usage leading to erodes cognitive abilities, deteriorates critical thinking and enhances stress and anxiety by alienating individual from society. These causes

They are not descended from the heavens. They are human made and only strong will and determination is needed to consider the impacts of social media.

## Preci 2021

Hasan Nizar being an anthropologist started working in industry, where he made a movie on independence. He took views about the independence which Israel forcefully occupied Palestine. The author received an email from Hassan regarding his new documentary titled as Grandfathers in which giving guidance to not be aggressive over inhumane treatment of Israel which may trap them. However, the author remained shielded. He never influenced by cruel politics due to Palestinian, but poetry and dramas. As the writer denounced forceful occupation and erosion of Palestinian rights. The film Grandfathers has been also broadcast on Al Jazeera.

Title:

Nizar Hassan, guidance through documentary