

Regarding adverse impact of social media on children of the country-Laid

DR. K. SUDHAKAR (CHIKKBALLAPUR): Children between the ages of 9 and 17 are dedicating between three to six hours each day to social media platforms, with a significant number exceeding six hours daily. This extensive usage has detrimental effects on their mental and psychological well-being, often resulting in increased aggression. Currently, there are 398 million young social media users in India. A 2023 study conducted by the Internet and Mobile Association of India (IAMAI) indicates that teenagers typically spend over 2-3 hours on platforms such as Instagram and YouTube. Furthermore, a recent report from the National Institute of Mental Health and Neurosciences (NIMHANS) reveals that 27% of Indian teenagers exhibit signs of social media dependency, which can lead to diminished concentration, poor academic performance, and various mental health issues. This addiction can manifest in several ways, including impatience, aggression, difficulties with concentration and memory, headaches, discomfort in the eyes and back, stress, communication challenges, lethargy, and even depression. The proliferation of explicit and violent content on social media occurs without adequate regulation. It is imperative to implement regulations and consider banning social media access for children in the country. Additionally, schools should provide counselling services, and digital detox programs should be promoted.