

The influence of Social Media and entertainment apps on teenagers

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Abstract. *Social media's influence has become more apparent in recent years. Self-harm and suicide rates have more than doubles in American children 10-14 years in the last decade [1][2]. The rates of depression have also gone up on a worldwide scale.*

When it comes to entertainment apps, the problem is that they choose what they show you. You see what the people with the most money want you to see. The information is put in front and centre of our attention. Methods such as A/B testing have proven successful at making people more engaged with the content they consume.[3]

To know or not to know has existed for ages, but we no longer have say in the matter or even related to the information we get.

Covid-19 pandemic aggravated the situation. People have increased their screen time during this quarantine due to a lack of other activities, and many of them choose to spend that time on their social media (78% increase in social media usage) [4].

Considering that we've now spent the last year and a half in lockdown, that is a habit that is very likely to get carried over even when this is set and done, and we go back to normal.

I think the internet is an intriguing tool that has brought everything one click away from us, but as Jeff Hammerbacher says, "The best minds of my generation are thinking how to make people click ads." We're not using it properly, and social media and entertainment apps are a significant part of what's wrong with it. To put these assumptions to test a survey [5][6][7] was conducted among high school and last year secondary school students, where the participants are asked to limit their screen time to less than 2 hours a day for a month. Then they will be asked about their self-confidence, anxiety, self-assurance, creativity, the amount of sleep they are getting, and their face-to-face interaction.

Keywords. Social Media, Covid 19

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