

How social media can disturb the teenagers and their works

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ABSTRACT

Currently, social media is one of the things that makes teenagers neglect their activities/obligations. They'd rather spend their time sitting on the couch looking at the gadgets they're holding, watching funny cat videos, or watching random tutorials that don't really matter rather than doing more useful things like doing hobbies, adding references, or just visiting a place to do something for recreation. Gen-Z, with the rapid advancement of technology, are starting to forget what 'living in the real world' is. They are always active in online

networking as if they don't want to miss anything that was hype at that time. In some ways, this may be useful, of course for people who have an interest in a social media. However, for those who go online just to be lazy and scroll through something less important to know is a waste of time.

Introduction

The digital era is an era of technological development in an all-digital direction. In the era digital like this, humans in general have a new lifestyle that cannot be removed from all electronic devices. Technology is becoming a powerful tool to meet most of human needs. Technology has been used by humans to make it easier to do any tasks and jobs (Gumiandari et al., 2023). Nowadays, teenagers use social media almost in their activity. They may have an appointment, meeting with others, shopping, even they just sit in a couch then just random-scrolling on their gadget. How about their real life? Do they care of it?

In bad consequence, social media makes teenagers forget their real-life-works. Many activities can be abandoned by teenagers such as helping parents, doing their home works, doing sport, studying and many more. Social media makes teenagers abandon their works because it makes them become addicted.

Discussion

Social behavior of users among students can also change from the purpose of initial account creation. Changes in student behavior can be influenced by the needs and



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desires of users in managing accounts and the impact felt when using social media (Fungsihan et al., 2019). Those who cons with this statement 'Social media makes teenagers forget their works' stated that teenagers used social media for working, studying or just for refresh themselves after hours of work or study. It may be right or may be not. A report in 2023 stated that Indonesian netizens are internet users who spend the most time playing cellphones in 2022. Indonesians spend an average of 5.7 hours per day using cellphones. This duration exceeds research results from Oxford University that reported the ideal duration for online activities is 257 minutes or around 4 hours 17 minutes a day. This duration includes searching activities, checking email, watching movies and playing console games. The report also shows that the time spent playing social media in Indonesia reaches 3 hours 18 minutes every day. Let's say the first hour they might use it to study, find inspiration from internet or attend online meetings with teachers. When they start to get bored, they will use social media for other things that have no relation with learning activity and make them forget the time. This habit has an impact like they don't care about things that are more useful than spending time on social media.

Teenagers who are addicted to using social media will forget their obligations such as helping their parents, doing homework and praying. At first, they will steal the time for scrolling social media and they think that there's plenty of time left to do other things. They may take most of their times on social media. Some of them can even forget about their needs like eating and sleeping. Many of them are already addicted to the point where they can't control their dietary habit or when they have to sleep. At the end, many things that can be abandoned by teenagers.

Social media can create hegemony without teenagers realizing it. This hegemony is created because of the existence of ideologies that are spread either directed or not (Astari Pitaloka, 2021). The directed or intended purpose is that the writer really understand their writing in social media. Meanwhile, undirected means that the writer only relies on the ego which is followed by the reader as an ideology that lacks reason. Other things that can be caused by addiction to playing social media are low battery anxiety and FOMO. When your phone's battery power is low and you panic looking for a charger, that means you're experiencing low battery anxiety, aka anxiety due to low device battery. another thing is *Fear of Missing Out*. FOMO is the fear of missing out on the latest information from the internet or social media. Its characteristics are checking social media all the time to see what other people are doing. The fear of always monitoring new information can even go so far as to abandon their activities.

Conclusion and Suggestion

The conclusion is the use of social media provides many benefits as well as many negative things, one of which is addiction. Teenagers today have a tendency to spend their time scrolling through social media. Young people usually spend little time doing the necessary things like studying or working. Meanwhile, they spend a lot of time scrolling through social media for things that don't really matter.

With this conclusion, teenagers should know that they live in a real life which is many things they can do with others or by themselves. Just use the social media for only a recreation not a-whole-day-world that make abandon the the real life jobs.

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