

CASE STUDY: MEDIA AND JOURNALISM

Student Name

Institution

Professor

Due date

How has social media affected parent-child relationship

Social media has been undeniably a very important aspect in human life. It has greatly helped us in many sector especially communication sector but what about our family we have strong bond with our family members? Although it has positive effects, social media has had numerous negative aspect on family. Social media has made family members physically present but emotionally absent. Excessive use of social media may affect the strong bond between parents and children. Parents are more distracted and less tune with their children as they are focusing their attention on their devices. Parents and children no longer have face-to-face conversation but rather text each other even when they are in the same. Parent who spend a lot of time on social media may be prone to neglecting their children and leaving them unsupervised.

The gap created by social media between parents and children can distort their relationship. Children can be disconnected from the real world to social media world. This disconnection can make children not bother to address their problems to their parents and parents can slowly lose touch with what is happening in their children's life. Therefore, the excessive use of social media not only creates gap between parents and children but also affect psychological well-being of children. The central issue with parents of younger children is the time social media steals away from the children. This leads to children going away from the parents while finding comfort in something else. This can affect parent-child love. This mostly occurs when parents give more attention to their device than their children.

How has Social Media impacted children

Engaging with social media can have both positive and negative effects on people especially children. First, social media can interfere with sleep of children. Children who have too much media exposure such as TV, computer or mobile devices in the bedroom fall asleep late at night and sleep less. Even babies can be over stimulated by the screens and miss adequate amount of sleep they need for growing. Exposure to excessive light from screen can cause eye problems.

Social media can be a threat to children's morality. Exposure of substances such as drugs, sexual content can influence the children badly. Children may tend to engage in this behaviour. Children may even send sexual photos and videos through social media to strangers. Sex offenders may use may use social networking, chat rooms, email and online games to contact and exploit children.

Social media can affect children's performances in school. When children watch too much TV, they may show delays in thinking and social skills. Sometimes children tend to use entertainment Media at the same time they are doing other things like homework, this multi-tasking can have negative effect on how to do in school.

Social media can affect psychological well-being of children that can lead to mental problem. It is estimated that 50% of mental disorders are established at the age of 14 and 75% at the age of 18. This can make children anxious and depressed especially when their parents are focused too much on media.

Parents should spend more time with their children and set rules and consequences for their children on how they use social media.