Constant Facebooking Jeopardizes Teenagers

There is no doubt that Facebook is the most popular social networking site in Twenty-First Century.   Teens use it to keep in touch with their peers and it definitely makes our lives easier.   However, the side effects of constant Facebooking should not be disregarded.

Firstly, perpetual period of time spent on Facebook lowers teenagers' social skills in real life. Nowadays, adolescents spend most of their time scrolling through their Facebook walls using computers or smartphones.   They seldom leave the virtual world and interact with others in real life. Also, they are so used to communicating with people by just tapping on their keyboards, they maybe jittery when they need to have a face-to-face conversation.   Eventually, their communication and social skills become waned as they rarely have interactions with people in their daily life.

Another drawback is that it affects teenagers' academic performance. Youngsters become addicted to Facebook easily.   While they spend most of their time on Facebook, the time they spend on revision is diminishing. As they can't stand the distractions of Facebook, some may even multitask at the same time.   It seems that everyone thinks multi-tasking can speed up task completion, it only would result in lower efficiency and lead to more mistakes. Moreover, a study conducted by Columbia University found that using the internet has a negative impact on our abilities to memorize. As a consequence, constantly spending time on Facebook is not only time-wasting, but it also influences students' academic progress.

Some may say Facebook helps youths to ease their minds. On the contrary, pressure of teens may actually be further intensified. In this generation, cyber bullying is severe, especially on social networking sites like Facebook. Teenagers build their self-image based on others' opinions towards them. Moreover, people can easily post offensive, insulting things about others without acknowledging the affections of those who suffer from cyber bullying. The more time teens spent on browsing through their Facebook news feed, the more chances that they would rely on it to build their self-image. In the long run, the mean comments on Facebook may lead to one's depression, antisocial behavior or even suicidal acts.

Does this mean it is necessary for us to ditch Facebook? The answer is no.

There are two sides to every coin. As long as we control our time spent on Facebook, have a different attitude towards it and have a balanced life between the virtual world and the real world, we can still reap and enjoy the benefits that Facebook brings to us.