

IMPACT AND WAYS TO SAVE STUDENTS FROM THE DISTRACTION OF SOCIAL MEDIA AND GAMES

Rahila Khan¹, Mohammad Reza Fouladvand², Omid Vafadari³

1. Principal, Pakistan Embassy International School and College, Tehran, Islamic Republic of Iran. principal.peisct@gmail.com
2. Teacher, Pakistan Embassy International School and College. Tehran, Islamic Republic of Iran.
3. Teacher, Pakistan Embassy International School and College, Tehran, Islamic Republic of Iran.

ABSTRACT

Nowadays in the globe social media has become the most popular way of communication for all. In the globe, especially among middle age students of secondary and higher secondary schools. All students engaged in twitter, Instagram, WhatsApp and Facebook, most commonly. In 21st century technology is advanced to much nowadays in every field of life. All Social media platforms developed with the advancement of technology and has both beneficial and harmful effects on students' academic life. Students are affected by social media in majority but some have benefits. Social Media have many serious problems and lead to significant issues for students, especially regarding their privacy or security, and cause distraction of studies. This paper highlights and finds the social media impact and ways to save students from the distraction of social media and games.

Keywords: Social media, Games, Distraction, Students

INTRODUCTION

Social media is a virtual forum where users can share their opinions and ideas. Social media has

become incredibly important to people's lives in today's communication climate, especially for students. Compared to earlier years, its use is significantly increasing (Oueder Abousaber, 2018). Social media is being used by people of all ages most frequently, while it is more popular among teenagers and college students. If this is taken into consideration, researchers think social media can significantly contribute to education. It is a really effective technique to interact with lots of students (Alwagait, Shahzad & Alim, 2015).

Social media has both beneficial and negative aspects, but because most individuals, especially students, are unable to utilize it responsibly, we are able to observe social media's detrimental effects on pupils. Today's students frequently struggle to concentrate on their schoolwork and instead prefer to explore social media. In order to learn information and gain knowledge, students these days rely more on these platforms than on books, notebooks, or notes. All of this indicates that time is being lost without any gains (Amin, Mansoor, Hussain & Hashmat, 2016).

Without limitation social media usage very harmful for physical and emotional well-being of young age. Due to social media attraction many students frequently not take proper meals, no proper sleeping time, their body and eye sight get tired from screen light. Teen age students spent their lives in this way drop interest in academics and many time left their classes for socialization. It is wise for both parents and schools to keep an eye on what their children are doing online (Raham, 2017). Students who use social media too much may have problems with their physical and mental health.

Similar to social media, gaming has a detrimental effect on students' mental and physical health. Both social media and video games are commonplace and well-known to many people. There is solid proof that the media affects viewers by making them fearful of violence, fostering pessimistic views, and hindering their capacity for innovation (Kolan & Dzandza, 2018). Video games have

had a significant impact on our culture, making it a more violent place as a result. There are gunshots, robberies, and violent kidnappings every time the news is on.

IMPACTS OF GAMES DISTRACTION

Considering the current epidemic, some online/remote learning has now been included into our kids' daily lives on a regular basis. Students may therefore need to pause and consider whether their use of technology is detrimental to their health and academic success. Digital services are also a perpetual source of disruption and a necessity for learning. Here are some suggestions to assist your student in managing game distractions both now and when we begin more routine activities in the future. Games have a significantly worse effect on students' attention spans. The younger generation of students is quite gregarious. Yes, conversing with friends and getting along with strangers while playing online games does, in fact, elicit favorable emotions (Aaron & Lipton, 2018).

But even when we communicate with people online, they frequently lose out on in-person contacts, which lowers their confidence level and prevents them from speaking in front of a class about a subject they are passionate about. Nevertheless, stopping is challenging, particularly for teenagers. If their pals are continuously playing online games, they don't want to miss it. According to studies, an internet gamer spends more than 6 hours every day playing games. Managing real-life relationships and duties might get more difficult as online gaming and social media interactions persist. Schools, colleges, and universities are included in this. Students who are holding their phones can't fully concentrate on their objectives (Anthonysamy, Choo & Hin, 2020). Online games can easily divert students, causing them to cut their study time short and neglect their assignments. They play video games more frequently. they are unable to fully concentrate. Because students are using personal gadgets to play online games in class, their performance will

be worse than usual (Raham, 2017).

WAYS TO SAVE STUDENTS FROM GAMES DISTRACTION

It's important to remember that students' performance is based on how much they desire success. They are responsible people who make their own decisions and choose their own priorities. To proceed on the right path or return to it, they might need guidance, nevertheless. Here's how you can help.

Limit The Amount of Consumption

Establish timeframes and restrictions first. Setting timers is a quick and simple way to restrict excessive online gaming. When your child sits down to complete schoolwork, they should put their phones away and focus on their studies. Get them to set a timer. You can establish daily restrictions for various app categories using App Limits (Raham, 2017). In this case, a "Screen time" measuring app may be useful. Think about the apps you use frequently and make a list of which ones you need to ban. If you play PUBG for two hours a day, make a note that says, "Limit time spent on PUBG to one hour and 30 minutes." Every day, do this, steadily reducing the time until you find one that you can maintain. This is an effective method for teaching oneself to use social media less. View your report and establish limitations Screen Time gives you a detailed report on the apps you've used, the websites you've visited, and how you've been using your smartphone (Han & Yi, 2019).

Set Reminders

Push notifications or alerts can be a source of digital distraction, especially if users are using their smartphones or computers to access social media accounts and text messaging. Students should be encouraged to utilize an app that disables notifications or emails from any gaming app or website when attending online classes so they can focus fully (Munz & Titsworth, 2015).

Physical Activity

Additionally, you can adjust your habits by substituting some other physical activities for your online gaming time. Start out modestly because it can be challenging to replace something you do frequently. This is true across the board, not just for social media. Perhaps you watch YouTube videos on your laptop for an excessive amount of time. Try reading a book or going for a 30-minute walk as an alternative. On occasion, switching off from social media can help you focus on tasks that could increase your productivity. Increase your time spent with your family and/or roommates, or perhaps take up a new hobby (Leysens, Roux & Parry, 2016). You'll begin to feel better about yourself after you start spending your time more wisely. If you use social media less regularly, you'll be less distracted.

Impact of Quitting Game Distraction

- Increased Self Confidence
- Lower Anxiety
- Increase Capacity to Love
- Develop Patience
- Increase in focus and mental clarity

WAYS TO SAVE STUDENTS FROM SOCIAL MEDIA DISTRACTION

There are multiple ways to save students from social media and some of them are:

Turn Off Your Social Media Notifications

Do Not Disturb is your best buddy when it comes to putting down your phone. You might find it simpler to focus on your daily duties and not get sidetracked as readily if you don't let notifications disrupt your routine. Social media notifications serve as a continual reminder that something is going on online, which may make you feel left out. So disable your notifications to reduce FOMO.

The benefit is that when you do remember to check your social media, you might already have a backlog of alerts, which will make the experience more thrilling and fulfilling (Munz & Titsworth, 2015).

Get A New Hobby Outside of Social Media

How did you spend your time before social media? Leaving the house, skating, reading, and making new friends? Consider bringing back the things that made you happy before you started room scrolling and checking your phone constantly for new notifications. You may also take up a new pastime to occupy your free time. You may pick up a brand-new talent or pursue a dream you've always had but never had the opportunity to realize. When you stop aimlessly browsing through your newsfeed, you'll undoubtedly be surprised by how much free time you have. Additionally, your new pastime will keep your hands and mind engaged when you yearn for social media, whether it be knitting, playing the guitar, or cooking. Nevertheless, repress the impulse to Instagram your development.

Delete The Social Media Apps You Don't Use

Experts on The Social Dilemma and those who earn a living by producing digital detox guides frequently advise uninstalling apps you don't use frequently. You haven't accessed Twitter in a while. Take the phone off of it. It will eliminate the desire to scroll idly, as well as the notifications. You can always check it on your laptop if you must. Consider even deleting the ones you actually use. When you feel the want to despise-read someone's Twitter page, having an additional step to complete will make you consider whether you really need to (Munz & Titsworth, 2015).

Limit Your Social Media Screen Time

To limit the time, you spend on social media, set a timer on your watch or phone. While you can get around it, your iPhone's "screen time" settings allow you to set a strict limit, which will make

you reevaluate whether you really want to be on Twitter. Set a time limit based on how dependent you are on social media, such as one hour per day (equivalent to seven hours per week), and start your timer anytime you check your accounts. When you've had enough, be resilient and resist the urge to extend the deadline. Your willpower will be put to the test here, but the payoff will be great in the end.

Accountability is more important than abstinence

According to Neha (2020) some people may benefit from going on a digital detox, which involves completely cutting out social media for a specified amount of time. However, other people may not.

According to her, "For some, it may end a cycle that has begun to feel toxic or have detrimental impacts." People may find it difficult to maintain a break from social media because they develop a hunger for it, or they may be prevented from using its positive features, such as the ability to interact with others and seek help.

Chaudhary advises establishing boundaries and enlisting the assistance of some of your friends and family members rather than depending solely on a complete detox (Oueder Abousaber, 2018). According to Amin, Mansoor, Hussain and Hashmat (2016) accountability is crucial when trying to implement any change, she claims. "Decide to cut back on use together with a friend, or let a family member know your intentions so they may check in with you on it. Whatever it is, find a means to have someone help keep you on track because it can be challenging to break behaviors on your own."

IMPACT OF QUITTING SOCIAL MEDIA DISTRACTION

There will be immense impacts of quitting:

You'll get more work done, and you'll do it faster

Your productivity levels may soar through the roof when you aren't concerned about your devices buzzing constantly. The problem with social media, according to Joanne Cantor, Ph.D., professor emerita of communication at the University of Wisconsin-Madison and author of the book *Conquer Cyber Overload*, is that it continuously interrupts us. "When we repeatedly take breaks from working to check social media, it truly turns into another sort of multitasking, and multitasking makes everything you do take longer and in a worse way." In fact, according to the American Psychological Association, attempting to multitask for example, switching back and forth between Facebook and a crucial project can cut your productive time by as much as 40% (Han & Yi, 2019). It's expensive to pay so much for a few likes and comments.

You might feel anxious at first

Although giving up social media often has favorable long-term impacts, your initial reaction can be worry and anxiety. A neurological detachment from the notion of always being connected underlies these emotions. According to David Greenfield (2020) the director of the Center for Internet and Technology Addiction and assistant clinical professor of psychiatry at the University of Connecticut School of Medicine, "if you're using social media addictively, which some people are, you have elevated levels of dopamine, so there is some withdrawal when you stop doing that."

Fortunately, these emotions typically disappear after the first few days of giving up social media, so you should soon be able to experience the benefits (Amin, Mansoor, Hussain & Hashmat, 2016).

You'll learn more about yourself

You'll probably learn more about what drives you, not other people's opinions after you stop browsing through their opinions. According to Tom Kersting, psychotherapist, "When people remove themselves from social media, they lose that temptation to garner attention and superficial feedback from other people by posting where they went to dinner or where they went on vacation"

(Oueder Abousaber, 2018). "That need to be important in other people's eyes will lose its hold, allowing one to discover oneself".

CONCLUSION

Everything in life is a cutting-edge weapon; how each person handles themselves determines how. Distractions from social media and video games are serious issues for pupils (Han & Yi, 2019). One thing that students should remember is that now is the time for them to learn and grow in every manner imaginable; at this point, they shouldn't be considering leisure. Social media and games can be major distractions for students and can impact their academic performance and overall well-being. By implementing the discussed ways and strategies, students can be saved from the distractions of social media and games and be encouraged to focus on their studies and personal growth.

REFERENCES

- Aaron, L. S., & Lipton, T. (2018). Digital distraction: Shedding light on the 21st -century college classroom. *Journal of Educational Technology Systems*, 46(3), 363-378. <https://doi.org/10.1177/0047239517736876>.
- Anthonyamy, L., Choo, K. A., & Hin, H. S. (2020, May). Self-regulation strategic framework for minimizing distraction in digital society. *Journal of Physics: Conference Series*, 1529(5), 052027. <https://doi.org/10.1088/1742-6596/1529/5/052027>.
- B. Kolan and P. Dzandza, 2018. Effect of social media on academic performance of students in Ghanaian Universities: A case study of University of Ghana, in *Library Philosophy and Practice*.
- E. Alwagait, B. Shahzad, and S. Alim, 2015. Impact of social media usage on students academic performance in Saudi Arabia, *Computers in Human Behavior*, vol. 51, pp. 1092–1097.
- Han, S., & Yi, Y. J. (2019). How does the smartphone usage of college students affect academic performance? *Journal of Computer Assisted Learning*, 35, 13-22. <https://doi.org/10.1111/jcal.12306>.
- Herman, R. L. (2017). Letter from the editor-in-chief: Digital distractions. *The Journal of Effective Teaching*, 17(2), 1-4. <https://doi.org/10.1007/s13311-017-0578-z>.

- J. H., Munz, S., & Titsworth, S. (2015). Mobile phones in the classroom: Examining the effects of texting, twitter, and message content on student learning. *Communication Education*, 64(3), 344-365. <https://doi.org/10.1080/03634523.2015.1038727>
- Kraushaar, J. M., & Novak, D. C. (2010). Examining the effects of student multitasking with laptops during the lecture. *Journal of Information Systems Education*, 21(2), 241-252. <http://jise.org/Volume21/n2/JISEv21n2p241.pdf> Kuznekoff,
- Leysens, J.-L., le Roux, D., & Parry, D. (2016). Can I have your attention, please? An empirical investigation of media multitasking during university lectures. In F. B. Blauw (Ed.), *Proceedings of the Annual Conference of the South African Institute of Computer Scientists and Information Technologists* (Article 21). <https://doi.org/10.1145/2987491.2987498>
- M. Oueder and I. Abousaber, 2018. A Study on the Impact of Social Media Usage on Student Academic Performance: University of Tabuk an Example, *American Scientific Research Journal for Engineering*, vol. 40, no. 1, pp. 77– 88.
- Raham, 2017. Social Media by Students, [Online]. Available: <http://blog.blogdash.com/media-industry/positive-negative-use-social-media-students>.
- S. Mensah and I. Nizam, 2016. The impact of social media on students' academic performance - a case of Malaysia Tertiary Institution, *International Journal of Education, Learning and Training*, vol. 1, no. 1, pp. 14–21.
- Z. Amin, A. Mansoor, S. R. Hussain, and F. Hashmat, 2016. Impact of social media of student's academic performance, *International Journal of Business and Management Invention*, vol. 5, no. 4, pp. 22–29.