



The Impact of Social Media on Students' Learning and Behavior

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Abstract

In today's hyper-connected world, social media has become an indispensable part of our lives, especially for school students and children. It works as a platform where individuals can connect, communicate, and share experiences at a global level. The study explores how students utilize social media platforms for collaborative learning, information sharing, and enhancing communication skills, alongside the easy access to educational resources these platforms offer.

Simultaneously, it addresses potential drawbacks, including increased distraction, the prevalence of cyberbullying, negative impacts on mental health, heightened anxiety, and a potential decline in self-esteem. This study aims to provide the insight into the heterogeneous role of social media, highlighting both its benefits and its potential risks, and ultimately proposes strategies for students, parents and educators to mitigate the negative impacts of social media on students' academic lives and overall well-being.

