

THE IMPACT OF SOCIAL MEDIA ON CHILDREN'S SOCIAL EMOTIONAL DEVELOPMENT

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Abstract

Modern life is greatly impacted by social media, both favorably and unfavorably. Social media is a key element in managing reputation and business growth in the digital era. Using social media for business can encourage development effectively and efficiently. However, social media also has negative aspects, such as important debates around cyber safety and the dangers to children who frequently use social media. Children's social The capacity of a youngster to completely regulate and express their emotions is known as emotional development, both positive and negative. Three factors can affect how a child develops socially and emotionally, namely heredity, environmental factors and general factors. Social media has a significant impact on children's social and emotional development, both positive and negative. The advantages and disadvantages consist of increased social connectedness, learning and creativity, opportunities to share thoughts and feelings, disruption to mental health, dependency and concentration problems, and the influence of unhealthy content. This research uses library research methods. The concept and significance of children's social emotional development, the evolution of social media, and the advantages and disadvantages of social media use for kids' social emotional development are all covered in this study.

Keywords: impact of social media, social development, children's emotions

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INTRODUCTION

Social media is now a vital aspect of our everyday lives in an increasingly digital age. Children, who are now raised in an environment that is so connected to technology, are not spared from the influence of social media. Social media is a platform where individuals can interact, share information, and engage in online communication. On the one hand, social media has opened the door to endless educational opportunities and social connections. However, on the other hand, the impact of social media on children's social and emotional development is also a growing concern. This article will examine how social media affects kids' social and emotional development in a number of ways, highlighting the advantages and disadvantages of kids using social media (Bryant, 2018).

According to O'Reilly et al., (2018) social media is an important means of communication in this era. Children use it to communicate with their friends, both those they already know in the real world and friends they meet online. This gives them the opportunity to expand their social networks, develop interaction skills, and build connections with individuals from various backgrounds. Regarding this, social media can act as a tool that supports children's social development.

Beamish, N., Fisher, J., & Rowe, H. (2019) stated that another benefit of using social media is that it provides space for children to express themselves. They can share their thoughts, interests and activities with friends and family. This helps them feel heard and appreciated, which in turn supports their emotional development. Children can express their feelings and express creativity through the posts, photos and videos they share on social media platforms. However, it is important to remember that the use of social media also has aspects that need to be considered. One of the most obvious impacts of social media is its ability to connect children with other people around the world. According to Dr. Susan Greenfield, a neuroscientist, social media allows children to develop wider social networks. They can connect with peers, family members who live far away, and even strangers who share the same interests. This can improve children's social skills, broaden their horizons, and help them build better relationships with others (Naslund et al., 2020).

However, there are also different views which suggest that social media can hinder children's social development. Dr. Jenny Radesky, a child development and technology expert, believes that excessive use of social media can interfere with children's ability to interact directly and build deep relationships with others. Children may prefer to spend time in front of a screen

rather than playing with their friends outside the house. This can result in social isolation and difficulties in adapting to social situations in the real world (Braghieri et al., 2022).

Apart from social development, social media can also influence children's emotional development. Dr. Larry Rosen, a psychologist, stated that excessive use of social media can cause sleep disorders and increased anxiety in children. They often feel pressured to constantly update and check their social media, which can interfere with getting enough sleep and lead to fatigue. Additionally, social media can also be a platform for online bullying and humiliation, which can harm children's self-confidence and emotional well-being (Berryman et al., 2018).

According to Sharpe, A. M. (2021) on the other hand, some experts argue that social media can also provide emotional benefits for children. Dr. Pamela Rutledge, a media psychology expert, believes that social media can be a channel for emotional expression for children. They can share their stories, experiences and feelings with others through writing, photos or videos. This can help them develop emotional communication skills and express themselves creatively.

Nowadays, social media is become a part of peoples' daily existence, including children's lives. Currently, many children utilize social media for play, communication, and information seeking. The presence of social media can provide many benefits, but it also has several negative impacts on children's development. It must be noted that the impact of social media on children cannot be underestimated (Bekalu et al., 2019). However, social media also has several negative impacts on children's development. First, children may lose the ability to communicate and interact directly with others. They may be too dependent on social media to understand how to communicate and interact with other people effectively. Second, children may be exposed to products that are not appropriate for their age. This can cause problems for their moral and mental development.

Rapee et al., (2019) stated that social media can also influence emotional development in children. Usually children who frequently use social media often experience pressure to conform to the standard of living shown by other people on social media, this can affect how they feel about themselves. Apart from that, social media can affect children's mental health, children who use social media too often often experience stress and loneliness which can reduce their quality of life. Thus, parents have a very important role to ensure that they monitor and limit children's use of social media. They must also teach children

how to use social media wisely, in a controlled and responsible manner. Parents and teachers must provide appropriate supervision and direction to ensure that children can use social media positively and do not harm themselves or others. We can conclude that social media has various impacts on children. Positive impacts include their level of knowledge and skills in using technology and communicating with other people. Negative impacts include the risk of cyberbullying, exposure to inappropriate content and dangers to their privacy and security. Therefore, It's critical to keep an eye on, restrict, and educate kids about the advantages and disadvantages of social media use.

RESEARCH METHOD

Library research techniques are used in this study. Finding, assessing, and synthesizing research works and ideas produced by academics and practitioners can be done methodically, explicitly, and reproducibly through library research (Okoli & Schabram, 2015).

Literary research is a method for gathering evidence about the effects of social media on kids' social and emotional development by studying books, literature, notes, and reports. Conducting studies linked to the theory and research topic is the next step after determining the research topic, and this is known as the literature study. Researchers will comb through relevant literature to gather as much information as they can in their search for theories. Library sources can be obtained from books, journals, magazines, research results and other appropriate sources. If the researcher has obtained relevant literature, it is immediately compiled regularly for use in research. Therefore, library research includes general processes such as systematically identifying theories, finding literature, and analyzing documents that contain information related to the research topic.

RESULT AND DISCUSSION

Understanding and Growth of Social Media

Because everyone can now own their own media, social media has developed quickly. If a sizable workforce and substantial resources are needed to operate traditional media, like radio, television, or newspapers, then the situation with the media is different. Even with poor internet connectivity, social media users can still access social media through an internet network without incurring significant fees, without the need for costly gear, and without the assistance of staff. Users of social media are free to add, edit, and change

text, photos, videos, graphics, and other types of information (AlSharji et al., 2018).

According to Nisar, T. M., Prabhakar, G., & Strakova, L. (2019) social media is about being an ordinary human being. Ordinary people who share concepts, cooperate, and teamwork to produce works of art, reflect, discuss, identify potential friends, locate partners, and develop a sense of community. Essentially, our use of social media shapes who we are. Being authentic on social media is the main factor driving its rapid growth, aside from the instantaneous access to information. The drive to develop a personal brand and the quest for self-actualization are universal. In the meantime, social networking is a website where anyone can make a personal webpage and link to friends in order to converse and exchange information. The biggest social networks include Twitter, Facebook, Myspace, and Plurk.

Social media uses the internet, whereas conventional media employs print and broadcast media. Anyone who is interested is welcome to join in social media by making comments, exchanging information rapidly and indefinitely, and offering open contributions and feedback (Yahia, I. B., Al-Neama, & Kerbache, L. (2018). Social media is expanding quickly along with the advancements in internet and mobile phone technologies. With a mobile phone, one may now access social media sites like Facebook and Twitter at any time and from any location. This is a significant phenomenon in the information flow that affects Indonesia as well as industrialized nations. Owing to its rapidity, social media also seems to be taking the place of traditional mass media in disseminating news.

The growth of social media has experienced a period of significant growth. In the beginning, social media was still website-based and began to develop in 1995 with the Geocities site. Then, in 1987, The National Science Foundation introduced NSFNET, a more potent nationwide digital network. When the first social media platform was introduced in 1997, ten years later, starting with Six Degrees. Since then, social media has continued to develop and become a popular phenomenon that attracts a lot of people's attention. Social media users in Indonesia are very diverse, with almost all groups and ages employ social media to gather and distribute information to the general population. Social media becomes have a significant influence on social change in society in Indonesia.

Social media refers to platforms on the internet that allow users to interact, share content, and engage in social activities online. The growth of

social media has been a significant phenomenon since the emergence of the initial platforms in the late 1990s and early 2000s.

In its beginnings, social media started as websites such as Geocities (1994) that allowed users to create and share their own content. Later, platforms such as Six Degrees (1997) became pioneers in forming online social networks by allowing users to create profiles and interact with other users. Since then, social media has continued to grow rapidly with the emergence of increasingly diverse platforms, including Friendster (2002), MySpace (2003), Facebook (2004), Twitter (2006), YouTube (2005), and many more. This growth is driven by developments in internet technology, increased internet accessibility, and the need for social connectivity in the digital era (Cao et al., 2021).

Social media use is widespread throughout the world, influencing the way we communicate, share information, build relationships, and even do business. This phenomenon has changed the media and cultural landscape globally, creating new opportunities and challenges in terms of security, privacy and information management. With its continued growth, social media has become an integral part of everyday life for many people around the world, playing an important role in shaping the way we interact and participate in society as a whole.

Modern life is greatly impacted by social media, both favorably and unfavorably. Social media is a key element in managing reputation and business growth in the digital era. Using social media for business can encourage development effectively and efficiently. However, social media also has negative aspects, such as important debates around cyber safety and the dangers to children who frequently use social media. Thus, social media not only influences people's behavioral patterns, but also existing culture, ethics and norms. Social media has brought changes in society, and its influence keeps expanding in tandem with information technology progress. Social media has grown significantly and now permeates every facet of daily life, impacting many different areas of society, business and social interactions. With proper use, social media can have a significant positive impact, but it is also necessary to be aware of its negative impacts (Warner-Søderholm et al., 2018).

Definition and Importance of Children's Social Emotional Development

According to Neihart, M. (2021) social development is a child's ability to respond to someone's behavior in accordance with social norms and expectations. Social development is expressed not by a king, but is noticed by the people in his group. The object is a social object and is stated repeatedly.

According to Hurlock, social development is the development of social skills, or the capacity to act in a way that satisfies social expectations. 26 Social development follows a pattern, namely an orderly sequence of social behavior and this pattern is the same for all children in a cultural group. There is also a pattern of children's attitudes regarding interest in social activities and choice of friends. This allows for a time schedule for socialization.

An organism's or person's emotional state at a given moment is defined by an effective gradation that goes from a weak level to a strong one, for example, not too dissatisfied and quite disappointed (Hoemann, K., Xu, F., & Barrett, 2019). A person may experience a range of emotions, including grief, joy, disappointment, hate, love, and fury. The labels attached to these emotions have an impact on how youngsters perceive and respond to these sensations. Emotional development includes self-control, determination, and an ability to motivate oneself, as experts state that EQ is also called behavioral intelligence. Emotions are effective experiences that are accompanied by overall mental adjustments, where mental and physiological states that are in an overflowing condition can also be noticed with clear and real behavior.

So social emotional development in children is development related to social and emotional aspects involving the ability to socialize and control emotions, where this activity is carried out based on the child's age and level of development achievement through stimulation which is summarized in a social emotional activity contained in the indicators at an early age that has been determined by the government as stated in government regulations regarding children's education standards with the aim of requiring social and emotional abilities from an early age and naturally, so that they can support their abilities at a later age.

Jeon, L., Buettner, C. K., Grant, A. A., & Lang, S. N. (2019) Children's social emotional development is the child's ability to fully manage and express both positive and negative emotions. Children can also learn actively by interacting with peers and adults around them and exploring their environment. Through the process of social emotional development, kids learn how to adjust to different circumstances and emotions when interacting with others around them, listening, observing and imitating what they see. Social emotional development is also very sensitive for children to understand each other's feelings by interacting in everyday life. Because human development itself is a complex process, which can be divided into four main domains, namely physical development, intellectual development which includes cognitive and language, and emotional and social development, which also includes moral

development. This is a process where children learn to adapt to the norms, morals and traditions of current society.

According to Hurlock, the characteristics of emotional displays in children are characterized by high intensity, often displayed, temporary, tend to reflect individuality, vary with age, and can be identified through behavioral symptoms. Several emotional patterns described by Hurlock in Abrahams et al., (2019) that are generally found in children are:

1. Fear

Fear focuses on danger in the same way that we fear the dark and is imaginatively associated with darkness, death or injury, flashes of thunder, and the scary characters found in fairy tales, films, television, cartoons. And children have little opportunity to adapt to the situation. But as children's mental development and age increases, they can adapt to their surrounding environment.

2. Anger

Basically, a person's anger can be caused by various obstacles, for example, obstacles to the child's desired movements, obstacles to both, namely coming from other people or from their inability. Such as, obstacles to existing activities, and many more that can cause anger.

3. Jealousy

Jealousy is a normal reaction to the loss of real, imagined love, or the threatened loss of affection. Jealousy can be triggered by anger which triggers an attitude of being irritated and focused on other people. Often a pattern of jealousy arises from fear combined with anger. What can cause jealousy is that he feels neglected or second-guessed by the person he is talking to or who he loves, the condition of the school environment can also cause children to be jealous when they are in their class or school environment, other people have the same things as they have, things This often happens when children feel jealous, angry and annoyed because the items they own are the same as their friends' items.

4. Sadness

Children can feel sadness, it is a normal and common situation, but there are several reasons why children feel sadness. Parents, teachers and other adults who try to protect their children from danger or disturbances that could harm them, especially when children are still small, because children's memories are very sharp but sometimes they are easily forgotten when they get a gift or something else, replacing something. With this lost item, the

child's sadness may be reduced because the lost item has been replaced with a new one.

5. Curiosity

Children are usually more curious because maybe the child feels something strange and a behavior that makes him confused, maybe because someone nearby is hiding something or his behavior is different and the child wants to gain experience or wants to join other friends.

6. Joy

Happiness is a state of mind or feeling characterized by an intense and blissful sense of joy, love, satisfaction, enjoyment, or pleasure. However, each child is also different in how they express themselves when they are happy.

7. Compassion

Affection is an emotional reaction to a person or animal or object. This shows warm attention and can be manifested in physical form or verbal words.

There are many ways to show love to children. We can provide time to fulfill children's needs for love and attention so that children also receive parental love. Based on this, the family plays a major role because emotional care for children starts from the home environment. Therefore, parents must maintain behavior and attitudes in front of their children so that children do not imitate angry behavior so that children easily feel emotions. Positive social and emotional development makes it easier for children to socialize and learn better, as well as other social activities. Therefore, understanding children and helping them understand their own feelings and those of other children is critical to fostering respect and concern for others (Frey, N., Fisher, D., & Smith, D. (2019).

According to Blewitt et al., (2018) The following three variables can have an impact on how socially and emotionally developed kids are:

1. The heredity factor

In their book, Rini Hildayati et al. state that factors related to heredity are those that are naturally provided from birth and are passed down from parents to their offspring and grandchildren. Islam even makes reference to the significance of genetics, which is one of the key elements influencing a child's development, including their social and emotional growth.

2. Second, environmental aspects

Environmental influences are complex forces from the physical and social world that affect a child's biological makeup and psychological experiences,

including their prenatal and postnatal social and emotional experiences, according to Novan Ardy Wiyani and Barnawi. All environmental effects, such as those from the family, the school, and society, are considered environmental factors.

3. Broad Factors

Here, "common factors" refers to items that fall into the categories of the two criteria mentioned above (heredity and environmental factors). It is simple for environmental and genetic elements to coexist as common components. Gender, thyroid function, and general health are variables that can impact early childhood development. Thus, these three variables may have varying degrees of dominance on early childhood development. Early differences in each kid, or what is more commonly called individual differences, are caused by variations in the dominance of several elements.

Positive and Negative Impact of Social Media on Children's Social Emotional Development

In the era of modern society, social media has become a phenomenon that is difficult to separate and difficult to control its use. As if it has become an addiction, social media is embedded in everyday life, involving small children, teenagers and even adults as inevitable users, and has even become an integral part of today's life. Apart from the convenience offered, social media also provides broad access at affordable and flexible costs, which can be accessed easily (Weinstein, 2018). The existence of this sophisticated innovation not only has a positive impact, but also has negative consequences that need to be taken into account. Social media is one of the main drivers in the formation of social change, especially in industrial societies which tend towards popular culture. This phenomenon can result in the decline of traditional culture that is passed down from generation to generation, because industrial society is more interested in popular culture which is followed to keep up with trends that continue to develop. Although the positive impact of social media brings positive changes in the direction of society or individuals' lives, its negative impacts also have the potential to push society towards detrimental social changes. The existence of culture and community values can be threatened or even lost if negative impacts are not addressed wisely. Therefore, a deep understanding of the impact of social media is essential to manage social change in a balanced and sustainable manner (Bozzola et al., 2022).

Social media has a significant impact on children's social and emotional development, both positive and negative.

According to Barreda et al., (2020) the positive impact of social media on children's social emotional development is as follows:

1. **Increased Social Connectedness:** Social media allows children to stay connected with their friends, even if they are in different places. This can help strengthen social ties and broaden the circle of friendships.
2. **Learning and Creativity:** Children can use social media as a source of learning and creativity. They can share knowledge, learn new things, and express themselves through the content they create.
3. **Opportunity to Share Thoughts and Feelings:** Social media provides a platform where children can share their thoughts, feelings and experiences. This can help them in building communication and empathy skills.

According to Mustafaoğlu, R., Zirek, E., Yasacı, Z., & Özdiçler, A. R. (2018) the negative impact of social media on children's social emotional development is as follows:

1. **Mental Health Disorders:** Excessive or unhealthy use of social media can cause stress, anxiety and depression in children. Constant exposure to negative content or cyberbullying can also be detrimental to their mental health.
2. **Addiction and Concentration Disorders:** Children can become dependent on social media, spend excessive time in front of screens and experience problems with concentration, sleep and other activities.
3. **Influence of Unhealthy Content:** Children are vulnerable to exposure to age-inappropriate content on social media, including violence, unhealthy sexuality and other harmful behavior. This can affect their perception of the world and negatively influence their behavior.

It's critical for parents and other adults to keep an eye on their children's usage of social media in order to address both the advantages and disadvantages for their social and emotional development, provide appropriate guidance, and teach them about the responsible and safe use of social media. In addition, education about digital literacy and healthy communication is also very important to help children face the challenges that may arise from using social media.

CONCLUSION

Modern life is greatly impacted by social media, both favorably and unfavorably. Social media is a key element in managing reputation and business growth in the digital era. Using social media for business can encourage development effectively and efficiently. However, social media also has

negative aspects, such as important debates around cyber safety and the dangers to children who frequently use social media.

Social emotional development in children is development related to social and emotional aspects involving the ability to socialize and control emotions, where this activity is carried out based on the child's age and level of development achievement through stimulation which is summarized in a social emotional activity contained in the indicators It has been determined by the government as stated in government regulations regarding early childhood education standards with the aim of requiring social emotional abilities from an early age and naturally, so that they can support their abilities at a later age.

Children's social emotional development is the child's ability to fully manage and express emotions, both positive and negative. Three factors can influence a child's social emotional development, namely heredity, environmental factors and general factors.

Social media has a significant impact on children's social and emotional development, both positive and negative. Positive and negative impacts consist of:

1. Increased Social Connectedness
2. Learning and Creativity
3. Opportunity to Share Thoughts and Feelings
4. Mental Health Disorders
5. Addiction and Concentration Disorders
6. Influence of Unhealthy Content

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