

# Positive Use of Social Media to Enhance Children's Self-confidence.

Dr. Barbara Melamed\*

Department of Clinical Affiliate Professor of Psychology, University of Hawaii, Manoa, United States.

## INTRODUCTION

With the advancement of videotape game and internet technologies over the last 20 times, playing games with musketeers and other people no longer requires being in the same room. There are now more chances to engage and discourse while playing thanks to advancements in game design and platforms. Teen gamers can now play games with others in person (83) and online (75), thanks to these advancements. Teen gamers also play games with a variety of people 89 of them play with musketeers they know in person, 54 with musketeers they only know online, and 52 with non-natives they do not know online. Teenagers now have further options to engage and spend quality time with musketeers and others while gaming because to these features (Twenge JM, 2018).

- Encourage youths to do things that are meaningful and important even when it may be hard or uncomfortable,
- Teach them how to manage difficult thoughts and emotions by growing their strengths.
- Help them live out their full potential.

Children's online interactions receive insufficient attention from parents. 31% of social media users have argued with a friend about something that happened online, according to Pew Research Centre data. In addition to demographics, youths' use and interactions with technology are linked to whether or not they have had bad experiences because of the internet or a text message (Vogel EA, 2014).

Teens' use of social media is a strong indicator of whether they have gotten into a dispute over anything that happened online. According to 31% of teenagers who use social media, they have argued with a buddy over something that happened online or over text; among those who do not use social media, that percentage drops to 11%.

For students in the seventh and eighth grades, the Baker Institute team has created LIFE HACS (Life Hacks with Acceptance Commitment Skills), an entertaining, engaging program with a scientific foundation. To guarantee that all children in these grades acquire the essential skills required to improve their resilience and general well-being, this program ought to be put into place in educational institutions.

LIFE HACS comprises of five, 45-minute sessions that are dynamic and entertaining. It is adaptable, strength-based, and used to address common human problems. According to Wood, the main objectives are to:

- Inspire young people to pursue important and meaningful endeavors despite the fact that they may be challenging or uncomfortable;
- Teach them how to cope with challenging ideas and feelings by developing their strengths; and
- Assist them in realizing their full potential (Wood J, 2012).

## OVERALL GOALS OF LIFE HACS:

Accepting How to manage strong and delicate studies and feelings.

- Clarifying Who and what's most important?
- Taking conduct bear in ways that are harmonious with what matters most.
- Specifically fastening on how to bear when brazened by a friend using ordnance for fun, shooting catcalls, contending on targets.
- Learn how other teens manage with gruelling life situations and internal health conditions.
- View or take part in moderated converse forums that encourage talking openly about motifs similar as internal health.
- Ask for help or seek healthcare for symptoms of internal health conditions day.

Teens in general can benefit from social media's positive benefits. Additionally, they might help depressed youth maintain relationships. Additionally, amusing or distracting social media posts can assist a struggling kid get through a trying time. Given that sex variations have been observed

---

**Received:** 02-Sep-2024, Manuscript No: ijemhhr-24-150853;

**Editor assigned:** 03-Sep-2024, Pre QC No. ijemhhr-24-150853 (PQ);

**Reviewed:** 17-Sep-2024, QC No. ijemhhr-24-150853;

**Revised:** 23-Sep-2024, Manuscript No. ijemhhr-24-150853(R);

**Published:** 30-Sep-2024, DOI: 10.4172/1522-4821.1000654

\*Correspondence regarding this article should be directed to: drbarbameled@gmail.com

in the ways that boys and girls utilize social media, more research is necessary. Teenage guys are more likely to play video games, while girls are more likely to text and use social media. Therefore, psychologists who wish to assist teenagers in overcoming obstacles in their social interactions must create distinct strategies for boys and girls as they enter adolescence. Winner's Bouts is a recommended game that takes these sex preferences into consideration. Perhaps a social modelling approach can be employed to have the same effectiveness as real-life involvement in a program.

## References

Suicide Related Outcomes, and Suicide Rates Among US

Adolescents After 2010 and Links to Increased New Media Screen Time. *Clin Psychol Sci.* 1: 3–17.

Twenge, JM., Joiner, TE., Rogers, ML., Martin, GN (2018). Increases in depressive symptoms, suicide-related outcomes, and suicide rates among US adolescents after 2010 and links to increased new media screen time. *Clin Psyc Sci.*6(1):3-17.

Vogel, EA., Rose, JP., Roberts, LR., Eckles, K (2014). Social comparison, social media, and self-esteem. *Psychol Pop Media Cult.*3(4):206.

Wood, JJ., Lynne-Landsman, SD., Langer, DA., Wood, PA., Clark, SL., Mark Eddy, J., et al (2012). School attendance problems and youth psychopathology: Structural cross-lagged regression models in three longitudinal data sets. *Child Dev.* 2012;83(1):351-66.