

# GETA Young Scientist

## Samsya Khoj Contest

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| <i>Result</i>                             | <b>Consolation Prize Winner</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <i>Problem Title</i>                      | <b>Ill effects of social media is a concern when used excessively</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <i>Problem Description</i>                | <p>Social media is relatively a numerous technology. It is little difficult to longer term good and bad consequences .However multiple researches have conducted a strong relationship between heavy use of social media platforms with an increase in risk of depression, self-harm, anxiety and loneliness.</p> <p>While social media offers numerous benefits, it also raises concerns about privacy, online harassment, misinformation and addiction. Users should exercise caution, be mindful of their online behaviour, and use the platforms responsibly to maximise the positive aspects of social media in their everyday life.</p> <p>Studies have found a link between depression and social media use. Spending large amounts of time on social networking sites can negatively affect the mood. Moreover habitual users are said to be more likely report poor mental health, including symptoms of anxiety and depression.</p> <p>Using social media more than three times a day predicted poor mental health and wellbeing in teens. And also it contributes to feeling anxiety among students. So, don't spend more time on social media use little bit.</p> |
| <i>Affected Audiences</i>                 | Society                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <i>Impact Size</i>                        | Individual                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <i>Location</i>                           | Rural                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <i>Scope</i>                              | Town                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <i>Place</i>                              | At home                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <i>Occurrence</i>                         | Frequently                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <i>Life risk involved?</i>                | No                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <i>Financial loss or Saving potential</i> | Lakhs or more                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <i>Student</i>                            | <b>Sunil Kumar, 7th Class</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <i>School</i>                             | <b>ZPHS, Railway Kodur, Annamayya District, Andhra Pradesh</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <i>Guide Teacher</i>                      | <b>S Shakeela Begum</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |