

A growing number of young people are experiencing problems related to excessive use of smartphones and social media. What problems does this cause, and what measures can be taken to address them?

Sample Answer

Excessive smartphone and social media use has become a concern among young people. This behaviour can affect their concentration, physical activity and social relationships, but parents, schools and technology companies can take measures to encourage healthier usage patterns.

One major problem is reduced concentration. Young people who frequently check notifications or social media may find it difficult to focus on studying for extended periods. Excessive screen use can also reduce physical activity and interfere with sleep, particularly when smartphones are used late at night. Furthermore, relying heavily on online communication may reduce opportunities for face-to-face interaction and meaningful social engagement.

Several measures can help address these problems. Parents can establish reasonable rules regarding smartphone use, such as limiting screen time during meals and before bedtime. Schools can also educate students about responsible digital behaviour and explain the effects of excessive screen use on concentration and wellbeing. Instead of simply banning smartphones, educational institutions could encourage students to develop healthy habits and use technology purposefully.

Technology companies can contribute by providing tools that allow users to monitor their screen time and control notifications. These features can help young people become more aware of how much time they spend on different applications.

In conclusion, excessive smartphone and social media use can affect concentration, physical activity and social interaction. A combination of parental guidance, digital education and responsible technology design can help young people develop healthier habits.