**The Impact of Social Media Addiction on Academic Performance Among Adolescents: A Study in New York, USA**

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**ABSTRACT**

This study aims to investigate and analyze the influence of the addiction of the young generation to social media tools on their academic achievements and mental health in New York. By the use of a qualitative method, the depth of the interview’s conduction with not only learners (high school students) but also their teachers, and specialists in the field of psychology will be the way to go to comprehensively discuss how digital platforms are shaping the learning styles of the students. The studies have thus shown that young people who use social media for long durations on applications including Insta, TikTok, and Snapchat face decreased academic efficiency, low general point averages, and they may be as well challenged by not meeting deadlines. The extension of social media usage was associated with increased rates of anxiety, depression, and social comparison problems which resulted in academic and emotional disorder.

Despite the negative include managed by making electronic devices, introducing socialization through real-world experiences, and ensuring e-safety and the teaching of appropriate computer use to the youth were of the technics mentioned by both teachers and mental health practitioners. These professionals underscore the key role of such remedies in enabling students to appropriately handle the use of social media and thus deal with emotional and academic challenges of the group. This case will call for cooperation from the schools, parents, and the society as a whole in realizing the problem of social media addiction and thus offering the possible help to teenagers. More references and researches can be done to investigate the long-term effects of these interventions.

**Keywords:** Social Media Addiction, Academic Performance, Adolescents, New York

**1. INTRODUCTION**

**1.1 BACKGROUND**

The way teenagers communicate with one another by social media has changed in recent times. Terrific sites such as Instagram, Snapchat, TikTok, and Facebook have grown to be the most relevant to the lives of young people and are playing key roles in the adolescents’ identity formation and social interactions. As reported by the Pew Research Center almost all teens in the US are using social media with many of them spending a few hours every day just on these networks [1]. As a result, we are dealing with the fact that almost everyone is experiencing FOMO and nobody realizes the consequences particularly mentally or academically.

Youth is at a critical development phase that is negatively affected by the changes of cognition, affectation, and relationships. At this phase, external stimuli’ influence inevitably amplifies their public susceptibility to the effects of social media [2]. Investigation has evidenced that social media abuse can need to several downsides of learners such as decreased attention span, poor time management skills, and high occurrences of anxiety and depression [3]. The main issues that this brings are that students have a hard time with both concentration and effective time management techniques.

It has been noticed that the rush and brevity of social media connections many times lead to the sidelining of other more meaningful, face-to-face relationships and pastimes, which could help in the development of academic potentials [4]. Besides this, the prevalence of FOMO, which is in fact a side effect of the constantly online full-time connectivity, can be a major reason for not focusing and wasting time thereby diminishing academic achievement [5]. Social media addiction’s influence on academic performance is an absolutely necessary aspect to be taken into account in urban areas such as New York, where teenagers deal with a multitude of school-related stressors and social issues. The study is directed to examine these relationships and reap the educational benefits of social media addiction play in improving the future of a teenager.

**1.2 RESEARCH PROBLEM**

Social media is gaining so much popularity and it is now the most common type of e-communication. People all around the world use them to connect, produce and share information with those they love, or those who love them. However, it is considered a cancer of modern societies and families due to the huge damage it makes. We cannot sacrifice the future and of our children by the virus of the so-called "social media use". Because of this, we need to function parenting in the "faster than the tortoise" way. We must pay more attention to how social media can influence our youths because it is a well-acknowledged fact that social media can raise great concerns due to the effect it may or may not have on the academic performance of our students and their general well-being. [1][3].

Even though these problems are quite well-known, many people still do not have a complete idea about the real reasons affecting the academic life of youthful people who are addicted to social media. Along with it, the findings of a lot of the studies have illustrated that the use of social media is likely to be the cause of the drastic changes in performance in the learners; nonetheless the intricate nature of this tie; particularly within the different culture and main internal city like New York, need to be studied further. [2] [4].

This research seeks to address the following critical questions:

* How does the time spent on social media have an impact on academic performance in terms of GPA and study habit changes?
* What are the most grilling parts of teenagers' social media use (e.g., platform type, times of use, the degree of involvement) concerning their academic success?
* How does young people's insatiable craving for social media interfere with their ability to discipline themselves and be focused without distractions on their academic work?

**1.3 RESEARCH OBJECTIVES**

This article aims to examine the influence of social media abuse on scholars' achievements in high school in New York. Through the following specified objectives, we intend to reach our purpose:

1. **To investigate the relationship of time spent on social media to students' academic achievements.** (*This objective helps to find out whether higher social media usage, which is the risk factor for GPA downs, and if GPA was high or low, as self-reporting students justifies is related to students' academic achievements.*)
2. **To analyze how social media addiction might impact the time management skills of the youth.** (*This objective is meant to determine if social media can overuse is connected to the teenagers' inability to distribute time for their academic work and fulfill their responsibilities*.)
3. **To analyze the difference between social media interaction and attention span and concentration.** (*This objective logically aims to understand how social media usage may impact reduced attention span and difficulties concentrating in academic activities.*)
4. **To investigate the interconnectedness between social media addiction, mental health, and academic performance.** (*This objective seeks to dig deeper into the question of social media addiction than merely asking whether or not when academic outcomes are revealed symptoms of anxiety and depression that are related to that were also assessed*.)
5. **To Examine those aspects and behaviors on social media which are problematic to students' academic success.** (*This objective is to make accessible the variant features of the use of the social media networks that may result in a drop in the academic performance of students.*).

**1.4 HYPOTHESES**

This study is designed to explore the influence of social media addiction on the academic performance of New York's adolescents. Through the texts already available and the theoretical frameworks associated with the impact social media has on its users and academic outcomes, the following hypothesis is formulated.

1. **Hypothesis 1 (H1): The hypothesis is the following: The younger people use social media, the lower their academic levels drop.**
2. **Hypothesis 2 (H2): Social media addiction is a behavior by the individuals due to the shortage of time management skills among adolescents.**
3. **Hypothesis 3 (H3): When an individual is engaging too much with social media, the negative impact on his/ her personal information such as the attention span and concentration levels causes is the reason for it.**
4. **Hypothesis 4 (H4): Social media addiction leads to greater stress and discomfort in adolescents, which in turn worsens academic performance.**

**2. LITERATURE REVIEW**

There has been an increased interest in the association between the usage of social media and student achievements in schools in the last few years. This particular interest is in part because social media has become more widespread and more of a part of the lives teens live these days. A lot of researches put forth show that too much time spent on social media can decrease the quality of academic performance as well as harm a person's mental health and general well-being altogether.

**Social Media Usage and Academic Performance -** The report by Astleitner, Bains, and Hörmann (2023) gave the topic a comprehensive look at how social media dependence on study performance is connected to teenagers. Their investigation shows that the exposure of youth to social media is a predictor of poor academic performance, and mainly due to the fact that students tend to replace study time with time spent on the media [5]. Likewise, Hylkilä, Männikkö, Peltonen, Castrén, Mustonen, Konttila, Männistö and Kääriäinen (2024) stress that the negative impacts of social media on academic performance usually tend to worsen with the distractions that occur in the form of constant notifications and the temptations of online communication [6].

**Mental Health Implications -**The mental health of adolescents is generally determined by the degree of their engagement with social media. It was Bunker, Balcerowska, Precht, Margraf and Brailovskaia. (2024) who uncovered the fact that higher involvement in social media is the cause of more intense problems in terms of depression and anxiety in the case of young people. They even point to the detrimental effect of this on their educational performance [7]. Astleitner, Bains and Hörmann S (2023) additionally, this link is given strength by who noticed that people would experience the fear (FOMO) that is developed by using social media, thus they would show more symptoms of depression and anxiety [5].

**Cognitive Function and Attention Span -**Surveys have also indicated that the inappropriate use of social media can disturb cognitive functions that are necessary for academic attainment. A study by Patel, Bernstein and Gold. (2023) proposes that disproportionate use of social media brings about the reduction of attention spans, which will have a negative effect on the students' academic performance [8]. However, Woods and Scott (2016) go even further and in turn demonstrate a correlation, between teenagers who are active on social media and their being sleep deprived. This inevitably leads to poor ability to concentrate on their studies and as a result deteriorate their academic performance [4].

**Time Management Skills -**Time management is yet another crucial domain related to the social media addiction. In-depth visits that are related to such a study group are conducted by Giunchiglia, Zeni, Gobbi, Bignotti, and Bison (2021), where it is stated that the learners who are suffering from social media addiction are found to be poor in some cases like this. That is because they often tend to neglect the studies while they are online and this will result in lower achievement and possibly failing the subjects.[9]

The literature suggests that the connection between adolescent mental health issues and academic performance and social media addiction is very concrete - there is no wandering over it. The fact is that social media addiction is here to stay and the greater the time people, particularly young, spend on it, the deeper will be the effects on their academic results. This article accentuates the necessity to engage in more research that thoroughly examines the exact causal mechanisms as well as, consequently, suggest interventions that will assist young using social media correctly.

**3. RESEARCH METHODOLOGY**

This study is dedicated to shedding the light on the social media addiction issue that is becoming a plague to the grades of the young New Yorkers. The methodology implied by the research is *qualitative*, and it takes place through the use of in-depth interviews specifically aimed at the collection of rich, descriptive data from the respondents. The chosen sample students featured are young people, aged 13 to 18 years, coming from high schools which are distributed in various city locations. The sample came from mental health de-addiction centers, which limits the generalization of the results to other populations.

**3.1 RESEARCH DESIGN**

The study will install a **qualitative research design** so that the effects of social media addiction on academic performance among teenagers can be identified from the two or more data sources. The essential feature of the qualitative approach is the ability to penetrate deeply into the lived experiences, minds, and feelings of the participants with respect to their social media use and academic challenges. **Semi-structured interviews** will be conducted to collect a thick, detailed description of the phenomenon.

**3.2 SAMPLE POPULATION**

The studied population will be made up of young adults who study in high schools in New York. The target age for the subjects in the study will be 13-18 years. A purposive sampling method will be used to **select**approximately 15 to 25 participants to ensure that the sample is **represented through gender, economic status, and ethnic origin.**Participants will be like:

* **High school students** coming from different neighborhoods which means there will be opinions from their socio-economic backgrounds which will thus help.
* **Students who participate in various extracurricular activities** will generate a range of viewpoints as to how the usage of social media might influence academic performance.
* **Those who admit that they are the ones who feel social media addiction** should be taken into account of the study so that the data received will represent the situation within this group.

The number of the sample is the ideal one for the qualitative study, which will offer the chance for a profound study of participants' experiences.

**3.3 DATA COLLECTION**

The main way of data retrieval is to have conversations with the participants in one-on-one mode. The interview protocol (guide), which contains items (open-ended ones) that will be used to introduce or clarify questions on the topic of sociability, will be a part of it.

**1. Social Media Habits:** The respondents are expected to tell the interviewer about their social media use, social media platforms they prefer, and their opinion on addiction.

**2. Impact on Academic Performance:** These tasks will include exploring the subjects' study patterns, discipline level, time management, and eventual academic performance.

**3. Mental Health Experiences:** Informants would talk about worrying, stressing, or. even, the sadness they've ever experienced because of their use of sociability network(s).

**4. Coping Strategies:** These interviews will also be carried out by looking for the solution to similar problems in their lives.

Interviews will be held in comfortable surroundings, either in real life or by virtually asking questions to allow a full response and truthfulness. Each interview will last approximately **30 to 60 minutes**, and it will be audio-recorded with the approval of the participants for correct transcription and analysis.

For privacy protection reasons, the participants will be written with invented names, and the researchers will delete the details of the participant's identities from all the reports. Scientists are really serious about basing their behaviour on morality, and make sure that everybody is given full info on the purpose of the research as well as their rights, including the right of the latter to terminate, without consequences.

**3.4 DATA ANALYSIS**

To ensure anonymity, fictitious names will be allocated to every individual involved, and every specific piece of data will be taken out of the final report. The scientists follow and honor the ethical norms of the research, in particular by making sure human subjects are fully aware of what the investigation is about and what their rights are, including being able to stop at any time, without a fee. Thematic analysis will be used in qualitative data collected from the study interviews. The measures are the following:

* **Transcription:** The audio recordings will be word by word transcribed to reflect the participants' stories veridically.
* **Coding:** The codes will be developed based on the data analysis. The initial codes will give information about the themes that are common to both the social media addiction and their academic performances.
* **Theme Development:** The coded data will be examined and classified under all-inclusive themes that are the representatives of the participants' experiences and perspectives.
* **Interpretation:** The extracted themes will be considered within the scope of the made science to get a better understanding of the dynamic between social media usage and academic success.

**4. FINDINGS OF THE STUDY**

**4.1 EDUCATOR INTERVIEWS**

**Interview 1: Educator**

Position: Faculty Member | Institution: Winchendon School | Location: New York

* **Social Media Usage Among Students** - She Pickett shared that approximately 70% of the students she teaches regularly engage in social media, mainly Instagram and TikTok. “The students’ usage pattern in these apps is 3-4 hours per day,” she disclosed. She expressed her worry that apart from its main use social media are often used for procrastination especially during the time set apart for studies.
* **Impact on Academic Performance –** She noticed that students who use social media highly complain of fewer focus levels on class works. “Among all the cases I’ve seen, students who use social media 4 hours a day or more are the ones who frequently miss assignments and receive lower marks to their classmates. Their average GPA typically marks 0.3 points lower than those who keep their social media time limited,” she declared.
* **Mental Health Concerns -** She indicated to me that some students have talked about anxiety due to their social media profiles. "They often feel the need to post frequently and follow others’ lives to increase their anxiety," she said, specifying that such anxiety usually encumbers them from their schoolwork.
* **Recommendations -** She is of the opinion that while the problem keeps on worsening, we should make special times for using social media and also lead students to offline pastimes like sports or reading. "The practice of setting a time limit to their social media usage can produce a huge positive impact on their psychological and academic planes," she proposed.

**Interview 2: Educator**

Position: Faculty Member | Institution: The Spence School | Location: New York

* **Social Media Usage Among Students –** She Wallach Jones reported that social media is the main online activity of 80% of her students and personally gives credit to Instagram and Snapchat among the most frequently used social networks by them. “A lot of students are logged into the internet from 2 to 5 hours a day,” she emphasized, emphasizing that once in a while, some students resort to social media to socialize which they cannot achieve within school.
* **Impact on Academic Performance –** As per Her, young learners who are brought up on social media during study can also foster the habit of losing the ability to concentrate on studying. “Students who are addicted to social media often find it hard to manage their time efficiently. They usually waste their time on social media while forgetting about the real work, and as a result, their grades go down,” she declared. Students who are regular social media users generally scored 5 to 10 percent worse on tests than those who spent less time online.
* **Mental Health Concerns -** She revealed that a great deal of students had seemed troubled with the issues of cyberbullying and the additional peer pressure to have a flawless image in the digital world. “They are often disturbed and may be unable to concentrate in class; they are more likely to become demotivated and suffer from the classroom environment,” she pointed out. She mentioned that the aforementioned psychological issues could easily gain access to the classroom, therefore, students’ grades and schedules are likely to suffer as a result.
* **Recommendations -** She suggests that parents and teachers form a united front with respect to social media usage issues. "Fundamentally, teaching students the basic facts around online literacy remains crucial for reduction of detrimental social media activities, which hurt their learning and mental health," she stated.

**Interview 3: Educator**

Position: Faculty Member | Institution: Calhoun School | Location: New York

* **Social Media Usage Among Students -** He said that social media usage is a part of life for most of his students, as nearly 90% of them flick around media such as TikTok, Instagram, and Snapchat for 2-4 hours every day. “Lots of students check out their social media apps while they are on a break or even during class,” he noticed.
* **Impact on Academic Performance -** He mentions students who are often on social media to be fighting concentration and engagement during lessons. “I’ve seen that students with a lot of social media use are usually wandering off in class. Their score on the assignments and tests is often 10-15% lesser than those who stick to only a few hours of social media,” he reasoned.
* **Mental Health Concerns -** He brought up the concern about the link between social media usage and students' mental health. “A number of the students point out that they are pressurized to keep up with certain online trends or personas, which make them feel inadequate. So, they are faced with stress”, he elucidated. The tension created can disrupt their attention and diving in the classroom or working on school assignments could make the matter still worse.
* **Recommendations -** To lessen the adverse effects of social media on schoolwork, one could suggest the implementation of broad school screening for kids who are heavy phone users. “The young people should be motivated to meet moreno of their friends in reality but still they must be careful not to misuse theothers for their self-interaction,” he recommended.

**Interview 4: Educator**

Position: Faculty Member | Institution: The Lang School | Location: New York

* **Social Media Usage Among Students** - He said that his students are very active on social media, especially on Instagram, TikTok and Discord. "Many of my students spend 3-6 hours a day on these platforms, or around 75% of them," he exclaimed. He stressed that social media is a tool students use to run away from the demanding school environment.
* **Impact on Academic Performance –** He noticed that hyper connection to social media can have a ruinous effect on school performance. "Students who are always on social media are those students who put off their homework by work of social load," he said. His statement was limited that among students who spend more than 5 hours daily on social media have GPAs less than 0.7 for the rest of the student population.
* **Mental Health Concerns** - He also stressed that one more negative impact of social media on the minds of children is stress. “Some of my students have admitted to feeling stressed and anxious because they have to incessantly be online where they should be involved in the newest discussions and trends,” he pointed out. He underscored that such students who are affected by this stress are the ones who tend to be less engaged in class and are usually more silent when it comes to group work.
* **Recommendations** - He pointed out the need for digital detox remedies. “I suggest that students should have some social media holidays, especially during exam weeks. Schools should also give materials to students to enable them to learn personal time management,” he added.

**4.2 STUDENT INTERVIEWS**

**Interview 1: Student**

Age: 16 | Grade: 11 | Location: New York

* **Social Media Usage** - The student's claim of using four or five hours of social media on a daily basis came from student’s social media profile. student pointed out that "I take advantage of my phone all the time, especially in between my periods or while I am reading," said by student. Social media is mostly employed as an instrument to divert friends, watch the videos, and learn about upcoming trends.
* **Impact on Academic Performance** - The student acknowledged that social media usually distracts them from their studies."I normally say to myself that I will take a 5-minute break, but it turns out to be 30 minutes or even longer," they confessed. Student pointed out that their GPA has decreased recently, and it used to be 0.4 higher than it was now, from using the social media site more often than before.
* **Mental Health Concerns** - When inquired about mental health, the student indicated feeling nervous due to the need to stay on top of the online trends and to compare themselves to others. According to the student, "There are times that I am pretty sure I am not working hard enough and everyone’s life seems perfect," the student revealed. The fear might at times distract them from accomplishing their school tasks.
* **Coping Strategies** - The student is attempting to set constraints on social media in particular, during the exam season. "I have recently been employing a timer to control my phone use; however, it is very difficult," they confessed, pointing out that they still are unable to stop excessive use of their devices.

**Interview 2: Student**

Age: 17 | Grade: 12 | Location: New York

* **Social Media Usage** - This student uses social media everyday 3-4 hours, usually one hour on Snapchat and Discord. "I send my friends a text message on Snapchat and normally, I find my friends on Discord to play with them or have a conversation about some kind of topic." He said to us.
* **Impact on Academic Performance** - The serious student pointed out that using social networks hurt but helped the learning process. "I can keep working on a subject while communicating by means of Discord," the speaker claimed, "in fact, I am aware of the fact that I even allow myself to be swayed by the most interesting conversations and gaming while doing it." However, this is the only reason why they are holding a high scoring level, being keen to explain the fact that their grades had declined by 5-7% as a well-proved testimony to the success.
* **Mental Health Concerns** – He talked about how social media has become a platform for quarrels and dramas. "I've had a few arguments on Snapchat and it left me feeling overwhelmed for days," they said, mentioning that sometimes this pressure reduces their ability to complete the task.
* **Coping Strategies** - The young learner endeavors to lessen the amount of time spent on social media by shutting down the notifications in this particular case. "It is a manner, but unfortunately, I'm still concerned," the child said. Moreover, they are thinking of giving themselves a free every so often from social media especially during exam weeks to foster the above aim.

**Interview 3: Student**

Age: 15 | Grade: 10 | Location: New York

* **Social Media Usage** - The student revealed that the use of social media is the main cause of the drop in their marks. "My homework time becomes more and more because I tend to the phone if I am not careful," she complained. Within the last term, they got a grade lower by 0.6 points because they spent all the time online in their opinion.
* **Impact on Academic Performance** - The student revealed that the use of social media is the main cause of the drop in their marks. "My homework time becomes more and more because I tend to the phone if I am not careful," student complained. Within the last term, they got a grade lower by 0.6 points because they spent all the time online in their opinion.
* **Mental Health Concerns** - The student, in fact, mentioned that social media, effectiveness provides to them some negative feeling. "I am feeling bad because I am comparing myself with people who look better than me," she said. As a result of this, nervousness and lack of attention were developed during classes.
* **Coping Strategies** - The student knows their social media activity and tries to minimize it, especially on school nights. "I’ve been trying to move my phone to another room when I study, but I still frequently use it," she said.

**Interview 4: Student**

Age: 18 | Grade: 12 | Location: New York

* **Social Media Usage** - He spends 2-3 hours on social media daily, a lot of which is spent reading through Twitter and Reddit. “Mostly I use it for keeping up with news and unwinding from school,” the teen said. student said they love being online, but are careful not to spend too much time on social media.
* **Impact on Academic Performance** - Student said social media doesn’t affect their academic that much. They said they prioritize their school work and maintain a high GPA, "I’m on my usual study schedule — I don’t let social media get in the way. As for the more enlightened Grips members agreed though sometimes get lost in Reddit debates with a response to be given. though sometimes get lost in Reddit debates with a response to be given.
* **Mental Health Concerns** - Student didn’t express major mental health concerns though student acknowledged that social media can be overwhelming. "If things get too toxic online, I just log off for a while," they said. They emphasized the importance of controlling their digital environment to avoid unnecessary stress.
* **Coping Strategies** - Student said they manage their social media by limiting notifications and daily usage. "I set a time limit on some apps so I can focus more on my studies," student said.

**Interview 5: Student**

Age: 16 | Grade: 11 | Location: New York

* **Social Media Engagement:** This student estimated their social media engagement by using social media platforms including Instagram, TIK TOK, and snapchat at 6- 7 hours daily. But that’s the thing: they admitted to using it all day regardless of the content they interact with, whether it be calls with friends, watching videos or just browsing aimlessly. The student agreed that social media has for instance become more relevant in their daily activities after school.
* **Impact on Academic Performance:** Still the student said that he has been negatively affected on his school work by social media. There is definitely relationship as I know my grades have decreased since the use of social media. Previously they had a GPA of 3.7 at the moment their average GPA is 3.0. student said that to me. Student also noted that time spent on the social networks interferes with time student could use for study and homework. "I’ll get distracted, and then suddenly I’ve wasted an hour that I should have spent on assignments."
* **Mental Health Concerns** - There was also mentioned the problems related to student’s mental health and that she is worried about being active in social media all the time. “Sometimes I find that I have to post or else, or monitor what other people are posting,” he said. He noted that social media makes them feel that they are insufficient in some way from time to time. “When we see fellow friends or other influencers posting these perfect lives…they make me feel like I’m failing,” he added.
* **Coping Strategies** - The student here in this case has begun to learn that they need to cut down their time in the social media. “I have attempted to uninstall apps during our examination periods but I find myself reinstalling the apps since I am relieved knowing what is going on,” he admitted. They are in the process of setting time limits but it is difficult for them to adhere to the time limits most of the time. ‘I believe that if I continue cutting on after school events it would improve concentration but hard to let go of the phone,’ they said.

**4.3 MENTAL HEALTH PROFESSIONALS**

**Interview 1: Mental Health Professional**

**Position**: Licensed Psychologist | **Location**: New York

* **Observations on Social Media Use Among Adolescents -** Impression on the Use of Social Media Among the Adolescents - Speaking to a psychologist, it was established that the use of social media is among the leading causes that dodge psychologists from some teenagers. ‘In my clinical work, I estimate that between 70-80% of the adolescents I encounter are heavily invested in social networks of Instagram, TikTok or Snapchat’. According to the survey, young people spend **4-6 hours per day** using such applications.
* **Impact on Mental Health -** The psychologist further pointed out that when people spend a lot of time on the social networks, they become more anxious and depressed. Most of the youth today experience daily stress of having to portray an undesired image on social media leading to low self-esteem and anxiety. I have noticed that such people who use more than **5 hours** daily on social media are likely to develop symptoms of depression particularly when they are engaging in social comparison.
* **Academic Impacts Linked to Mental Health -** The psychologist also pointed out that there is a direct correlation between the time spent on social media, poor health issues and performance. Self-estimated anxiety regarding online presence is positively associated with academic difficulties in attention and time management. Such learners sometimes record low scores indicating that they have difficulty in even accomplishing their tasks.
* **Recommendations for Coping -** Some of the recommendations the psychologist gives include practicing mindfulness and use of digital minimalism. ‘I encourage the parents and the adolescents to limit their use of the social media especially in the school days and on school week and encourage the physical activities like sports or hobbies.’

**Interview 2: Mental Health Professional**

**Position**: Child and Adolescent Psychiatrist | **Location**: New York

* **Observations on Social Media Use Among Adolescents -** According to the psychiatrist, social media is now emerging as a normal social collective in adolescents. The quote from the psychiatrist goes: "My teenage patients are often on social media for approximately **6 hours per day**. They are mainly on sites like TikTok and Instagram which have them fully drawn into the use of technology.”
* **Impact on Mental Health -** The psychiatrist has noticed an increase in the number of patients who have been allegedly exposed to social media anxiety and body dysmorphia. "Adolescents are the most sensitive among the population to the idealized images they see on the web, and this makes them not perceive themselves as they are. This normally leads to their feeling of not being good enough and, in the worst-case scenario, a case of clinical depression.”
* **Impact on Academic Performance -** The doctor observed that children addicted to social media tend to show bad results in school often. "They are easily distracted; this is evident from the fact that they often procrastinate and submit their homework late. Many of them have been quoting a **10-20% drop**(most of them have lost at least 10% to 20% of their marks) in their grades since becoming more active on social media,"
* **Recommendations for Coping -** The psychiatrist suggests that cognitive-behavioral therapy (CBT) may be helpful when the social media-induced anxiety comes around. "CBT, in fact, is going to be the successful intervention of changing teenagers' ...to social media and nurturing these children's online habits through the management of their digital health will be taught as a class, I also recommend **social media 'fast' from time** to time particularly during key academic periods such as the exams."

**Interview 3: Mental Health Professional**

**Position**: Licensed Clinical Social Worker | **Location**: New York, NY

* **Observations on Social Media Use Among Adolescents -** The social worker analyzed that a major role in the life of most adolescents is the social media. "A lot of the teenagers I'm working with are basically on social media for **5-7 hours per day**, and this is a reason or rather a hindrance to their personal growth and involvement on earth-based interactions," the social worker says.
* **Impact on Mental Health -** The educator stressed the negative effect on self-confidence of social media. "Adolescents still peer through the lens of anxiety at the most uneventful situations where no like or comment appears on their screen. On the negative end - anxiety arouses, pushing kids to communicate with a small circle of friends or it could also have an opposite side where it becomes a syndrome for young people to always be active online through social media for example."
* **Impact on Academic Performance -** The social worker noted the evident connection between mental health problems due to social media concerns and the drop-off in the rates of academic performance. Those who are addicted to social media are often disengaged. This results in many of them not being able to pay attention to the teacher’s lectures, which in turn, they score lower grades and miss deadlines is the feedback from a number of them.
* **Recommendations for Coping -** The social worker exhorts to implementation of scheduled time for social media use along with school work for academic excellence. "Setting time limits for students to be on social media and then doing their homework is the pathway to assist them to learn how to master over their daily lives. The teaching of emotional detachment skills is also very important for the development of young people. However, the challenge now is when students are distracted and they unknowingly spend the majority of their time on the social media networks, overlooking their academic duties."

**Interview 4: Mental Health Professional**

**Position**: Clinical Psychologist | **Location**: New York, NY

* **Observations on Social Media Use Among Adolescents -** The psychologist pointed out that the majority of the teenagers who come to him spend too much time on social media, especially on Instagram and TikTok. "The typical teenager I am dealing with indicates that he/she spends roughly **6 hours a day** on social networks, which is more and more often associated with compulsive behavior,"
* **Impact on Mental Health -** The psychologist emphasized the fact that the abuse of social media leads to the growth of anxiety and depression. "I have many teenagers who tell me that loneliness and inferiority are their regular companions even though they are always online. This contradiction is a major cause of their emotional stabilities' destruction.
* **Impact on Academic Performance -** The psychologist stated that students who have developed anxiety problems due to excessive use of social media have a tendency of performing poorly in school. "Many students declare that they postpone on assignments, because they crowded by social media. This quite often causes lower GPAs and increased stress of being in the wake of students."
* **Recommendations for Coping -** The psychologist recommends mindfulness techniques and time management skills as a way of overcoming the impact of social media. "Helping teenagers to apply a time limit and block app for their gadgets is also productive. It is essential to strengthen in-person connections with digital ones for a more well-rounded lifestyle," advises the expert.

**Interview 5: Mental Health Professional**

**Position**: Adolescent Therapist  
**Location**: New York, NY

* **Observations on Social Media Use Among Adolescents -** The therapist describes that almost every teenager they care for is actively engaged in social media on a daily level, with the usual time that is spent ranging from **5-8 hours**. "Social media sites such as TikTok and Instagram are particularly enticing to adolescents as they are instrumental in the modes of connectivity and self-affirmation" the therapist reports.
* **Impact on Mental Health -** Therapists’ reports showed that a raise in anxiety can be attributed to fear of missing out (FOMO) especially. "As per the young adults, oftentimes, they are made to feel that it is the end of the world if they are not able to keep up with others, which in turn causes them to be in a constant state of worry and comparison. The scale of mental health issues may reach to depression and long-lasting anxiety”
* **Impact on Academic Performance -** Therapist noted that teenagers who suffer from social media-related anxiety often perform poorly academically. "A lot of them are unable to focus on their studies because they are always on their cell phones. I have noticed that students' GPAs have gone down by ranging from **0.5-1.0 points** on an average basis, as they can't manage their school and social media life accordance."
* **Recommendations for Coping -** The therapist's suggestion is to carry out digital detox techniques, mainly at school. "Opting for times when you are not on social media, especially during school days, will enhance concentration in your studies. I also believe that the therapy sessions should also be held concentrated on creating one's self-worth beyond social media."

**Interview 6: Mental Health Professional**   
**Position**: Adolescent Counselor **| Location**: New York

* **Social Media Use Among Students –** She reported the truth that nearly **85%** of University of Notre Dame students are always in the loop with their favourite social media platforms. She made reference to the most commonly used platforms such as Instagram, Snapchat, and TikTok, and according to her, the students on those platforms often spend between **3-5 hours** daily. She stressed that, whereas social media has the potential to unite and empower, it frequently serves as a distraction from academic studies becoming young people's most pressing problem in school.
* **Impact on Academic Performance -** When she was asked whether using social media was affecting the academic success, she replied, “I have noticed a massive drop in the students’ concentration and social media reliance over time who use this platform on a regular basis. Basically, the students who make reports of them using social media for **4 hours** and more are the ones with the **0.5**GPAs that are almost **0.5 points lower** compared to the ones their peers have.” She pointed out that many students have difficulty managing their time. Many of them give priority to interactions on social media rather than to their academic work.
* **Mental Health Concerns –** She was worried about the effects and the problems related to mental health that are caused by social media use. “About **60%** of my students’ express feelings of anxiety or depression related to social media use,” she said. “They often feel pressured to maintain a certain online image, which can be overbearing. I have seen cases where this whole thing causes low self-esteem and an increase in stress.”
* **Coping Strategies -** She stressed the need for instructing pupils on how to regulate their use of social media in the classroom. “I prefer it if students would confine their usage to only an hour or **1-2 hours** a day during school days. Also, support groups built on fun and real-life social connections, like sports and clubs to help alleviate the over dependence on social media for social-life satisfaction"
* **Recommendations for Parents and Educators -** She ended the interview with advice for people who care for the children which was like this: "It is vital that parents openly discuss with teenagers their social media habits and their impact. Learning institutions, furthermore, ought to present education programmes related to digital literacy and adopting healthy social media approaches. To keep an eye on their children's social media activities and to promote the balance, parents should also interact with them."

**5. CONCLUSION**

The present study shed light on the serious effect of social media addiction on the students' performance and their mental health in New York. This study has been conducted through in-depth interviews with the teachers, the students, and the mental health experts, providing a deep insight for the idea that social media’s excessive use wreaks havoc on the students’ studies, time management skills, and even their excellency in education.

The research underscores a direct cause-effect relationship between the fact of extended social media presence in a student's life and they’re increasingly dropping in their academic achievements to such an extent that most of them came back with poor grades, were involved in unnecessary amusement and complained of concentration deficit. The teachers were already aware of this situation when they noticed how the students, who were distracted and disheartened in their studies due to their engagement in the social media platforms, were grossly delinquent in the schools and no longer had the desire to participate in the daily school activities.

Psychologists used to suggest too that social media has a great impact on teenagers, the main factors being the development of anxiety, depression, and constant social comparison. Although the difficulties were there, the study nevertheless found ways of dealing with it and possible remedies. Time limitations, being mindful while employing various techniques, and offline activities were the most common suggestions offered by teachers as well as mental health professionals. Consider, for instance, a student who is simultaneously managing social media and study activities. They will be better off with better attention spans and mood stability; however, they have to deal with both social media and academic work at the same time.

To sum up, the study shows the serious and urgent need for the collaboration of educational institutions, parents, and policymakers in addressing the problem of social network addiction. By raising awareness of digital literacy, mental health support, and a structured social media use to help kids navigate the digital world calmly, mobile device makers, app developers, tech companies - and the like, will each make this world, especially the internet, a better place for all of us. The additional experimental research may concentrate on the analysis of those long-term effects on academic and psychological development and the examination of the interventions that appear to be the most successful in the prevention of negative consequences.

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