

From Screen towards Body: To Analysis Impact of Social Media on Human Body

Siddhi Ghule and Amruta Bhagwat

Department of Computer Science, Dr. D. Y. Patil Arts, Commerce & Science College, Pimpri,
Pune, Maharashtra, India

Abstract - Social media is an online platform where people communicate and interact with each other. There are many problems caused due to social media such as reduced physical activity, cyber-crime and online harassment, addiction and depression, creating sleep disturbance, and reducing conversation between peoples. The progressive expansion of social media is constantly shifting in the lives of human beings. Overuse of social media is connected with physical and mental health. As a safety for human health some solutions already exist such as apps like super living: high quality life, better me: mental health, balance: meditation and sleep, mind health: CBT mental health.

There are many open issues caused due to overuse of social media. Sometimes negative feedback from followers makes a person disappointed. Many younger, childrens are influenced due to social media. Nowadays we looking 16-year-old spent 9 hours a day on reels, in many cases we see the digital

addiction behind the suicide of teenagers. Social media makes children tired. Children cannot concentrate for a long time on study. Due to overuse of social media, people are losing their concentration power. That's why the screen towards the body has become a need of time. Is it progressive or not for our country? One side we make achievements in the world and other side we face problems due to this.

This study is necessary to know about the real impact of social media on a human body physically as well as mentally. This study is also beneficial to society to be aware about public health issues. The actual aim of the study is that parents should be aware about the future of their children because children's are the future of our country. From the screen towards the body through this we can analyse the impact of social media on humans.

Keywords: Social Media, Mental Health, Society, Negative Feedback, Future

2. INTRODUCTION:

The former president and well known scientist Dr. APJ Abdul Kalam says that "Social media has proved to be

an effective tool to disrupt peace" And nowadays it comes in true. This 21st century also called digital era. In this 21st century social media become very progressive and human brain become tired. Due to this situation the subject from screen towards body is earned. Nowadays humans lose their thinking capacity due to Chabot and other Ai tools. Also social media effect on the human's mental as well as physical health.

Jan 2016	28.40%
Jan 2017	31.10%
Jan 2018	37.10%
Jan 2019	42.00%
Jan 2020	45.00%
Jan 2021	47.70%
Jan 2022	58.30%
Jan 2023	59.60%
Jan 2024	62.30%
Jan 2025	63.90%

Fig.1.1 Social Media usage percentage

Positive and Negative impact of the social media:

- It helps in education and skill improvement.
- It also reduces physical activity.
- It builds communication between long distance peoples.
- It causes cybercrime and online harassment.
- It gives us instant information.

Family and Relationships:

Social Media makes communication and connectivity between long distance peoples due to this become a good family bonding. But every coin has two faces. Social media can affect the quality of relationships. Social Media also builds logistic relationships due to this online harassment, cybercrime occurs. Sometimes negative feedback from followers makes a person disappointed.



Fig.1.2 Social Media impact

Current movements of social media in world:

- #Black lives matter (13 July 2013)
The role of digital platforms saves long term advocacy.
- #Me Too Movement (2017)
Platforms like Facebook, twitter, Instagram through this unity between peoples.
- #Climate Activism
Platforms like YouTube, Instagram, Tik-Tok raise awareness in people.

Objectives:

- To study impact of social media on human body.
- To Explore the open issues of social media.
- To recommended possible and practical solution to addressed the issue.
- To investigate the challenges and existing solutions on social media usage.

3. LITERATURE REVIEW:

Several studies and reports have highlighted the growing social media impact on human body. Social media receives the attention from academics, Marketing, Public relations. Social Media gained a large attention of peoples.

According to report published by-

problematic social media use- 7% in 2018 to 11% in 2022. This report indicates that the problematic use of social media is increases in passing years. They also indicate that the problematic use of social media higher level is girls than boys. The reported level of problematic use- girls 13% and boys 9%.

U.S. Surgeon General's Advisory (2023/2024):

According to USSGA there is no safety indicated of social media for children's.

Cyber smile Foundation - Digital Wellbeing Report (June 2025):

Negative effects of social media on mental health - 91% of woman and 83% of men's. To sum up, researches related to social media are providing a comprehensive knowledge of this area that are very valuable to academicians and practitioners.

4. CONCLUSION:

This research purposes from screen towards body to analyses social media impact on human body digital platform designed to aware about health issues and reduce mental and physical health problems. While similar analyses social media impact through the emoji rates system is already exist and operate effectively in the large scale. From screen towards body is analyses social media impact on human body and also tells how risky it is! Which are often overlooked by existing solutions. The proposed system offers practical and scalable approach to addressing social media impact according to changes in human body habits.

From screen towards body is not only aims to analyses the impact of social media on human body but also encourage community aware about the use social media and social responsibility. With further development and implementation, the proposed model has the potential to contribute significantly to aware about social media and long-term social impact.

5. REFERANCE:

- [1] Shilpa Mary, Lisa Jain, Sneha Saraf, Riddhi R., Divankshi Mehta (3 March 2024) The social media impact on youth.....

<https://ijert.org/papers/IJCRT24A3189.pdf>

- [2] Abhishek HV (March 2025) A study on the influence of social media on youth in the age of digitalization
<https://tjjer.org/tjjer/papers/TIJERD001025.pdf>
- [3] common sense media (2022) “The impact of social media on the youth”.
- [4] Sabir Ahmed (2022) Digital Activist and Consultant. “The Effects of Social Media on Today's Youth”....
[The-Effects-of-Social-Media-on-Today's-Youth.pdf](#)
- [5] R. Ravikumar, C.Kishore Kumar (March 2025) “An Analysis on Social Media Growth and its Impact on Indian Youth”.....
[IJIRT173351_PAPER.pdf](#)
- [6] Mr. Hemant parshuram Dange and Dr. Anu Kumar (May 2024) “Social media and its impact on Adolescence lifestyles”
<https://ijrar.org/papers/IJRAR24B3048>.
- [7] Vijayalakshmi ji (July 2025) “ Impact Social media on social behaviour of indian youth”
https://www.ijrrjournal.com/IJRR_Vol.12_Issue.7_July2025/IJRR39
- [8] Purva grover, Arpan Kumar, Yogesh Dwivedi (Nov 2022) “Evolution of social impact influence-a literature review and research agenda”
- [9] The evolution of social media influence - A literature review and research agenda - ScienceDirect