

## The Social Media Paradox: Aggression in Children

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### ABSTRACT

This research investigated the association among social media usage and aggression levels in children aged 11 to 17 years. A total of 100 participants were assessed using questionnaire. Data evaluation was conducted applying Pearson's correlation coefficient used to explore the connection among the two variables. The result shows that the higher social media interaction will report increased aggression among children. These findings highlight the potential psychological risks of excessive or unregulated social media use in young populations. The study underscores the value of parental supervision, digital education, also the promotion of healthy online interactions as strategies to mitigate these adverse effects. Future research should explore specific content types and the role of online peer dynamics in influencing aggressive behaviour.

**Keywords:** *Aggression, Cyber Bullying, Online Behaviour, Social Media*

The background section offers a thorough summary of social media's impact on contemporary kids' lives, highlighting how it has been incorporated into their social and behavioural contexts. In addition to highlighting the benefits of social media for collaboration, skill development, and resource access, it also draws attention to its drawbacks, which include mental health issues, distractions, and false information.

Social media had a significant impact on how kids & teens interact. Connection, entertainment, and education are some of its advantages; however, the detrimental effects on kids' aggressive behavior are concerning. The growing trend of increased aggression and violence among American children because of their extensive use of social media platforms is one of the most pressing issues facing them.

Aggression in children can be seen through hostility, clashes, and bullying in verbal, physical, and cybernetic forms. Social media could encourage this type of behavior by exposing children to violence, ensuring there are conflicts on the web, and generally promoting their unhealthy relations. Also, social media platforms can shift the control a child has over his or her emotions, reduce the level of courtesy toward other people, and increase the level of aggression, thus stimulating aggressive behavior.

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## The Social Media Paradox: Aggression in Children

This research aims to understand the connection between a Childs aggression and social media usage. It will evaluate the degree to which exposure to certain content, time investment in social media, and lack of parental guidance increases aggression. Lastly, it attempts to develop ways to reduce the harmful effects of aggressive content on children.

### **METHODS**

**Aim:** The study seeks examine the impact of social media on children's aggressive behavior by assessing the relationship between screen time and aggression levels determining the impact of social media content and investigating a parental supervision over mitigating negative effects.

**Sample Size:** The sample consists of 100 participants (57 boys, 43girls) children's ranging from 11-17 years. A total of 100 respondents are selected, 100 children (aged 11-17, responding with parental consent).

**Sampling technique:** Simple random sampling.

#### **Research Tool:**

Questionnaires Objectives:

- To evaluate the outcomes of social media usage on children's aggressive behavior.
- To investigate the role of parental supervision and involvement in mitigating the effect of social media on children's aggressive behavior.
- To determine if there is notable association among the amount of time investment in social media and the intensity of children's aggressive behavior.
- To propose measures to reduce the effect of social media usage on adolescents' aggressive behavior.

#### **Hypothesis:**

- Null Hypothesis ( $H_0$ ): There will be no notable relationship between time used on social media perception of aggression in content.
- Alternative Hypothesis ( $H_1$ ): There will be notable relationship between time used on social media and perception of aggression in content.

#### **Source of Population:**

The participants were children aged 11 to 17 years, selected from three urban schools using convenience sampling. Permission was obtained from school authorities, and both parental consent and child assent were secured before participation.

#### **Selection Criteria:**

##### **Inclusion Criteria:**

- Age between 11 and 17 years
- Regular use of social media (at least 30 minutes per day)
- Access to a smartphone, tablet, or computer
- Able to understand the questionnaire language

##### **Exclusion Criteria:**

- Diagnosed psychological or developmental disorders
- Incomplete responses
- No regular access to social media

## The Social Media Paradox: Aggression in Children

### **Participants:**

The study included a total of 100 children aged between 11 and 17 years. Informed consent was obtained from parents or guardians, and assent was provided by the children prior to participation.

### **Tools and Techniques:**

Data evaluation was conducted applying IBM SPSS statistics. Means and standard deviation were computed as part of the descriptive statistical procedure. To examine the relationship between social media usage and aggression, Pearson's correlation coefficient was employed. Assumptions for Pearson's correlation, including linearity, normality, and homoscedasticity, were assessed and met. Clinical significance was inferred from the observed effect size and its potential implications for psychological well-being in children. These findings support the need for increased digital literacy, parental guidance, and structured online engagement strategies.

## **RESULTS**

**Table 1:**

		<b>Time Influence on Aggression Behaviour</b>	<b>Time Spent</b>
<b>Time Influence on Aggression Behaviour</b>	Correlation	1	-.444**
<b>Time Spent</b>	Correlation	-.444**	1
<b>Total Number</b>		100	100

- Interpretation: According to a negative correlation ( $r = -.444, p < .01$ ), social media's impact on aggressive behavior reduces with increased usage. This might suggest that while aggression may peak at a particular usage level, it does not consistently rise with increased usage.
- Critical Perspective: The type of interaction is important; active participation in disputes may increase aggression more than passive scrolling. To differentiate between various usage patterns, more research is required.

**Table 2:**

		<b>Easier To Express Aggression on Media</b>	<b>Bully on Social Media</b>
<b>Easier to Express Aggression on Media</b>	Correlation	1	.384**
<b>Bully on Social Media</b>	Correlation	.384**	1
<b>Total Number</b>		100	100

- Interpretation: This appears to be moderate positive correlation ( $r = .384, p < .01$ ) between bullying behavior and the speed with which aggression can be expressed online.
- Critical Perspective: An absence of impact on society and anonymity may be contributing factors. But bullying is not always the result of someone who realizes it easy to act aggressively.

## The Social Media Paradox: Aggression in Children

**Table 3: Easier to Express Aggression on Media**

	<b>F</b>	<b>P</b>	<b>VP</b>	<b>CP</b>
<b>Yes</b>	67	67	67	67
<b>No Valid</b>	19	19	19	86
<b>Sometimes</b>	14	14	14	
<b>Total</b>	100	100	100	100

According to the data, 67% of participants find it easier to express aggression on social media, which indicates that aggressive behavior may be decreased on online platforms. A portion of users, however, maintain the same degree of self-control online as they do in person, as shown by the fact that 19% do not feel this way. Also, 14% find it easier to express aggression on social media, making 81% the total number of people who experience some degree of increased aggression online. This indicates the way technological environments may encourage aggressive behavior.

**Table 4: Measures Taken to Reduce Aggression by Media**

	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
<b>Stronger regulation and content moderation</b>	9	9	9	9
<b>Educational programs Valid for children about social media use</b>	48	48	48	57
<b>Restrictions on screen time for children</b>	24	24	24	81
<b>Social media platforms should promote positive content</b>	10	10	10	91
<b>No change needed</b>	9	9	9	
<b>Total</b>	100	100	100	100

According to the data, 48% of participants think that giving kids social media education is the best methods to decrease aggression, indicating the significance of awareness and guidance. Also 24% of respondents Favor limiting children's screen time, indicating that reducing exposure might reduce aggressive behavior. While 10% think social media sites should encourage constructive content, 9% support stricter laws and content moderation to limit offensive content on the internet. However, another 9% believe no adjustments are necessary, suggesting that some people do not consider aggression to be a serious problem. The necessity of a multifaceted strategy to address aggression on social media is highlighted by these findings

**Table 5: Arguments Online Affects Behaviour**

	<b>F</b>	<b>P</b>	<b>VP</b>	<b>CP</b>
<b>Yes, I feel more aggressive</b>	50	50	50	50
<b>Valid No, it doesn't affect me</b>	41	41	41	91
<b>Sometimes</b>	9	9	9	
<b>Total</b>	100	100	100	100

The table shows that children feel more aggressive towards online arguments. This shows that a strong link between digital conflicts and behaviors. Also, 41% of participants describes that these arguments have no effect on them. This indicates some of the uses are emotionally

## The Social Media Paradox: Aggression in Children

wrong. Also 9% rarely impacted rising the overall percentage of participants who experience slight degree of aggression as a result of online arguments to 59%. These results show how disputes on social media may affect children feeling and behavior.

**Table 6: Time Spent**

Hours	F	P	VP	CP
< 1	12	12	12	12
1-2	18	18	18	30
Valid 3-4	23	23	23	53
>4	47	47	47	
Total	100	100	100	100

Participant time on social media platforms is minimal, with only 12% spending less than an hour on the platform. Only a slightly larger group (18%) spends more time than the majority, but they do engage for 1 to 2 hours. A noteworthy 23% spend three to four hours on social media, suggesting that this a more active group, But the majority (47%) spend more than 4 hours a day on social media, indicating that almost half of the respondents spend a significant amount of time on it.

### DISCUSSION

The researcher William I Gardner, Courtney W Moffatt, International Review of Psychiatry 2 (1), 91-100, 1990 (Aggressive behaviour: Definition, assessment, treatment) concluded that aggression, while multiply determined, is responsive to client-specific treatment programs. Social media has a significant negative impact on kids, but a good portion of respondents remained neutral or disagree which shows differing experiences with parents and their ideologies. The outcomes show social media have a large impact on aggressive behaviours among children. Enrico Pompili, Cristiano Carlone, Cristiana Silvestrini, Giuseppe Nicolò done research on the topic (Focus on aggressive behaviour in mental illness) and given a conclusion that as current pharmacological and therapeutic interventions are effective but imperfect, new insights into the neurobiology of aggression will reveal novel avenues for treatment of this destructive and costly behaviour.

Only 54.1% of parents and educators believe violent content affects behaviour 29.2% were unsure, indicating aggression may be moderated by social factors and emotional maturity.

A lot of parents are concerned with the frequency in which children are able to access violent materials, and to address this, there should be strengthened limits on content that is meant for older audiences, stronger regulations against cyberbullying, and better parental control mechanisms to limit children's access to harmful content.

The psychological impact of social media disclosure on child aggression, as well as the role of peer pressure, the home environment, and school-based interventions, should all be investigated in future research.

### CONCLUSIONS

This study explored the connection between social media usage and aggression-related behaviors among individuals. The correlation analysis provided several key insights into how different factors, such as time spent on social media, exposure to aggressive content, gender differences, and anonymity, contribute to online aggression and behavioural changes.

## The Social Media Paradox: Aggression in Children

While exposure to violent content was expected to increase aggression, the analysis suggests that social media usage duration does not necessarily amplify aggression levels.

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### **Conflict of Interest**

The author(s) declared no conflict of interest. T. Ganesh contributed to the study design, data collection, and analysis. Ms. Stini Sabu participated in the interpretation of data and the decision to submit the manuscript for publication.

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