



# **Challenges and Effects of Internet and Social Media on Social Life and Academic Performance of Teenagers in Nigerian Public Schools**

**Akingbade Luisa Osasere**

Department of Computer Engineering, The Federal Polytechnic, Ilaro, Nigeria

Author Email: luisa.akingbade@federalpolyilaro.edu.ng

## **Introduction**

This study seeks to explore the challenges and effects of the internet and social media on the social life and academic performance of teenagers in Nigerian public schools. By examining how these digital tools impact their behaviour, relationships, and academic success, this paper aims to comprehensively understand the complexities involved. It will also explore potential strategies for mitigating the negative effects of digital technology while maximising its benefits for the academic and social development of teenagers. As the digital landscape continues to evolve, it is crucial to understand the implications of these changes for the younger generation, especially in the context of a developing country like Nigeria. This research will provide valuable insights into the role of the internet and social media in shaping the lives of teenagers, offering guidance for educators, parents, and policymakers in managing the digital engagement of young people in a way that supports their well-being and academic success.

## **Methodology**

This study adopted a descriptive survey research design to investigate the challenges and effects of internet and social media usage on the social life and academic performance of teenagers in Nigerian public schools. This design was suitable because it allowed the researcher to gather quantifiable information from a defined population, analyze the data, and generalize the findings. Through qualitative and quantitative data gathered from students, teachers, and school administrators, this paper concludes that the influence of the internet and social media on teenagers' social lives and academic performance is dual-faceted.

## **Result and Discussion**

The result suggests that while the internet has vast educational potential, it is predominantly being used for non-academic purposes. The inverse correlation between academic performance and screen time supports the argument that excessive social media usage can be detrimental to school achievement. This aligns with findings from prior studies (e.g., Adebayo, 2020), which show declining academic outcomes due to online distractions.

## **Conclusions**

The advent of the internet and social media has drastically transformed the social and academic lives of teenagers, including those in Nigerian public schools. These platforms, while providing numerous opportunities for learning, socializing, and self-expression, have also posed significant challenges, particularly in terms of academic performance and social development. The dual nature of the internet and social media use is evident in its impact on social life. While it can foster peer bonding and a sense of belonging, it can also lead to emotional detachment and social dysfunction. Teenagers may confuse virtual interaction with real social connection, leading to reduced empathy, attention span, and interpersonal skills.

**Keywords:** Internet usage, Social media, Teenagers, Nigerian Public schools,