PARENTAL ROLE ON THE USE OF SOCIAL MEDIA

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ABSTRACT

This research study utilized a qualitative method employed phenomenological approach which fundamentally examined the experiences of the parents in monitoring their children on the use of social media, deepening their role as parents and perceived about the social media effects to the mental and behavioral aspect of the child of Sitio Totoy, Haguimitan, Monkayo, Davao De Oro. Purposive sampling was used in the selection of the participants both from elementary and secondary parents who had teenage children exposed into online world. Data gathered through In-depth Interview (IDI) to obtain the impact of social media, parents' management and insights in overcoming social media addiction. Using the validated researcher -made questionnaire, seven (7) themes emerged namely, Positive Effects on Child, Observed Negative Effects, Too much Exposure to Gadgets, Cannot Control the Child from using Cellphone, Can Access Personal Accounts, Child Becoming Hardheaded, and Just Watching Movies and Videos. Finding have shown that the involvement of children in social media can have both positive and negative effects on their mental health and behavior. While social media can provide opportunities for connection, learning experiences and self-expression, it also poses risk such as addiction, cyberbullying, and negative self-comparison. Parents have important role in coping the effects of social media usage. Establishing an open communication with children will encourage them to share their experiences, concerns and any negative encounters they may have had. Setting boundaries including time restrictions and age -appropriate platforms help the turn away from online risk. Notable implication from this study is to adapt strategies to the specific needs and context to support children in navigating the social media in a healthy way.

Keyword: *Social Media, Mental Health, Online Addiction, Parents' Management*

1. INTRODUCTION

Social media has become a part of our everyday lives. It is the means for connecting with others, sharing information, and accessing news and entertainment. According to Bryer and Zavatarro (2001), they said that social media are technologies that ease social interaction. It changes our personal lives, the way how people interact to their love ones, friends and partners in life.

Today, social media addiction has rapidly increased. It ranges about two billion users of social networks have been estimated globally. According to the study conducted by Perez Grabow (2019) states that a certain person spent two hours a day on online activities. In U.S General Advisory research in America showed that social media has both good and bad impacts on children. Access to social media can create a space for self- expression and social support to the youth. Identifying evidence will increase depression and develop poor mental health. In Kenya, most pupils struggle to speak directly with others and have lost their socializing skills as the consequence of the influence brought by social media. Another detrimental impact of social media on adolescents is the decline of morality, disdain for authority, and utter rejection of school norms. Indiscipline among students is mostly caused by a lack of attentiveness in class (Odhiambo, 2016).

Despite of the negative consequences, social media has transformed the world into a global village, allowing students to get access to more information and possibilities online. As a result, it allows students to get a

taste of real-life interactions and get more connected to art design while also being exposed to new concepts on a regular basis. Therefore, students are provided an excellent opportunity to develop their creativity. Over twenty million students have used google to hasten their studies and overcome research tasks. (Linda 2015).

Moreover, according to the findings of the study on the Social Media Usage and Academic Performance of Filipino Learners Amidst Online Education, 3.36 out of 879 senior high school students from public and private schools in the Philippines use social networking to learn about curricular aspects, while 4.08 use social media to communicate with friends and relatives. According to the survey, respondents utilize social media for academic research and leisure (Jhoselle Tus et al., 2021).

In the local setting, particularly in the Municipality of Monkayo, the term social media is not new to them, especially to the children. Most of the reported cases in the said municipality are about the negative effects of social media, such as cyberbullying, which resulted in something negative. In some cases, a senior high school student in Monkayo nearly commits suicide. The reason was that her classmate accused her of being involved in the viral teen sex scandal in the said municipality. Though she was not involved, she cannot take the bullies anymore. Through social media, the Monkayoans are updated on the works, projects, and output of the Municipal Mayor every now and then.

The adaptation of social media here in Sito Totoy Barangay Haguimitan was growing fast due to internet connectivity such as computer shops and peso wifi machines. The behavior of the children has gradually changed, as have their daily routines. During the pandemic, many children were thankful for the peso wifi machines in their area. They can connect to online classes and, in some ways, do research work due to internet access. Many constituents, especially parents, feel happy with this because they can contact their loved ones, children can take online classes, and many more.

The excessive use of social media has downside effects and threatens the whole Monkayoans. In this scenario, the researcher was challenged to conduct a study to find out to what extent the use of social media affects young school children. Further, this problem calls for the immediate attention of the parents, who should be addressed properly to save young children and has to be looked into by all the people concerned in the locality.

1.1 Research Questions

1. What are the experiences of the parents in monitoring their children on the use of social media?
2. What are the negative effects of the excessive use of social media to you as parents?
3. What are the coping mechanisms used in handling the situation and in disciplining child on the use of social media?
4. What are the insights of the parents in the use of social media?

2. METHODS

2.1 Research Design

This study employed a qualitative research approach. Qualitative research employed a humanistic or idealistic approach to comprehending a study question (Pathak et al., 2013). Pathak, Jena, and Kalra (2013) employed this technique to analyze people's beliefs, experiences, attitudes, behavior, and interactions. According to Blankenship (2010), this was an outstanding research instrument since it was a discovery-oriented strategy that allowed the respondent to truly convey his views and perspectives on the issue based on his own experiences.

Specifically, this study employed phenomenological approach. Using in-depth interviews with small groups of people who had witnessed the event. A researcher may begin to generalize about what it was like to witness a given phenomenon from the perspective of others who had lived it (Arnett, 2017). Furthermore, the data in this research were from interviews, which were the means of collecting data using a qualitative approach. In this study, the researcher applied purposive sampling as a technique to choose the participants to get rich information.

2.2 Role of the Researcher

Since the study employed phenomenology, the researcher's role, based on the study of Fink in 2000, in the qualitative research process is thematizing, designing, interviewing, transcribing, analyzing, verifying, and reporting.

The researcher utilized thematic analysis. During this phase, the researcher opted to focus his attention on the youngsters who use social media, namely the schoolchildren in Sitio Totoy, Haguimitan, Monkayo, Davao de Oro.

The second step is to design. During this step, the researcher refined the approach and used phenomenology to better understand parents' lived experiences with their children's social media use. The researcher opted to acquire information through an in-depth interview and a focus group discussion.

The third step is conducting interviews. The researcher created an interview guide to investigate parents' roles in their children's social media use. The interview guide was checked and authorized prior to conducting the in-depth interview and focus group discussion, which were recorded.

The fourth step is to transcribe. The next stage in the research process is to transcribe recordings. The researcher decoded the replies and organized them based on the questions. This made data analysis more efficient and quicker.

The fifth step is to analyze. Coding is the initial stage of analysis, which indicates that the research is focused on naming and categorizing phenomena based on a detailed evaluation of the data. The data arranged in the transcription is tagged and colored to ensure correct categorization.

The next step is to verify. After that, the researcher confirmed the data analysis, looking at the findings' validity, reliability, and generalizability. Validity concerns whether the study actually explores the intended topic; generalizability denotes the extent to which findings may be applied broadly; and reliability denotes the consistency of findings or outcomes. Both the number of respondents who provided identical answers and the frequency of repetitions were considered.

Finally, the researcher will do reporting. Reporting, of course, refers to the part of the research process where the researcher writes a report to share his findings. During this stage, the researcher followed the pattern for presenting the findings and discussing them, focusing on the study's emergent themes.

2.3 Data Collection Procedure

The participants of this research were ten parents of Sitio Totoy who had children from grades 4 to 6, as well as high school students who experienced the phenomenon and were willing to participate with the researcher. They were selected through a purposive sampling technique. The sample selection for this study was based on the researcher's own judgment and discretion.

2.4 Data Collection Procedure

In gathering data, the researcher asked permission from the local official in Sitio Totoy to conduct interviews with the participants of this study. Also, the school principal of Totoy Elementary School must consent for the researcher to conduct the interview with the parents. After, a letter was sent to the Division Office of Davao de Oro to allow the researcher to conduct her study at her school with her parents. Consent was given to the participants who were engaged in the study. The administration of the interview to all participants was facilitated by the researcher to ensure the reliability and validity of the data being collected.

2.5 Data Analysis

The study used a phenomenological approach to data analysis. The phenomenological approach to qualitative research focuses on investigating an individual's lived experiences in the world. In this situation, the research questions served as a guide for data analysis.

The data gathered from the participants was analyzed through thematic analysis, wherein themes and interview data were identified. Thematic analysis describes an interactive process by mapping the most important themes (Braun et al.). everyday work, experiences, and struggles were transcribed and interpreted properly.
Data validation is a key component of effective research. Since data is so important in research, it is critical to guarantee that it is error-free.

3. FINDINGS

This chapter presents the findings to the research questions that explored the parental role on the use of social media. The primary focus of the investigation was to develop an understanding of their experiences on the use of social media of their children and the effect of it to their children. The research participants were selected through purposive sampling technique. They were 10 parents who participated during the conduct of the study in Sitio Totoy, Haguimitan, Monkayo, Davao de Oro.

The responses were subjected to content analysis where the themes across all responses were drawn. In keeping with the research ethics for qualitative research, codes had been used in order to conceal the identities of the research participants. The presentation of the result was done according to the order of specific research questions used in this study.

3.1 What are the experiences of the parents in monitoring their children on the use of social media?

This section presents the results to the 1st major research question; What are the experiences of the parents in monitoring their children on the use of social media?' Five specific research questions were used to gather data and information for this major research question. The questions were intended to gather information on the understanding of the research participants regarding their experiences on their children social media usage.

Experiences of Child's Involvement in Using Social Media.

The themes in this section were coming from the specific research question 1.1Tell me about your experiences of your child's involvement in using social media. The responses generated seven themes: observed negative and positive effect on child, too much exposure of child, cannot control child from using cellphone, can access personal account, child becoming hardheaded, not good sometimes and just watching videos.

Observed Negative and Positive effect on Child. This theme constituted the primary pedagogical effect of social media. It meant that the social has both positive and negative effect on the lives of the children especially on their studies and behavior. Informant 1 observed that social media can give both positive and negative effects on the children who are exposed to any social media platforms. This was supported by informant 8, who contended that nowadays children are exposed to social

Too much Exposure of Child. Excessive exposure to social media can have various impacts on an individual's mental, emotional, and even physical well-being. Exposing children to social media at a young age, especially with unrestricted or excessive access, can have several potential downsides which informant 1 pointed out that as what she had observed that social media really influenced his child negatively.

Cannot Control Child from Using Cellphone. Introducing a child to cellphone can be a significant milestone in today's digital age. In the 21st century, cellphone is very powerful tool even young individuals are using it. The time will come that the behavior of the child's was influenced by the gadgets that parents were hardly control about it and eventually turns into trouble between the parent and the child. However, managing and controlling a child's cellphone use requires careful planning and guidance. Thus, Informant 3 pointed out her child become disobedient every time she orders her child to work on her tasks and the time is focused on what she is doing on social media. In addition, Informant 9 stated about her experiences on the influence of the social media involvement of his child that becomes incontrollable.

Can Access Personal Account. Too much exposure on social media gives the children full of knowledge on how to manipulate the gadgets that even the personal account of the parent can be access too. Children accessing their parents' personal social media accounts without permission can raise several concerns related to privacy,

security, and appropriate online behavior. Informant 4 stated that her child will open her personal account on facebook and sometimes youtube.

It's crucial to address this issue calmly and firmly, emphasizing the importance of privacy and setting clear boundaries about what is and isn't acceptable in terms of accessing others' accounts without permission.
Child Becoming Hardheaded. If a child's behavior appears to be influenced by social media and they're displaying a hardheaded or stubborn attitude, it's essential to address this behavior constructively. As we observe today, young individual become hardheaded. They   always rely on what is in the social media that even simple assignment that they have, they will use the social media to find answers. Also, because of social media, parents have the hard time to command their child to do the household chores because they are always on their cellphones playing or watching videos.

Not Good Sometimes. The influence of social media is maybe good or bad at some time. Mostly parents experience this kind of phenomenon especially during classes days. According to Informant 6, it is not really good because it makes her child sleep late at night especially during school days.

Just Watching Videos. Most children nowadays are fond of watching videos. In order for them to behave, they will watch videos online. Children who are expose in watching videos, it can influence their cognitive development, behavior, and well-being. Informant 7 stated that his child simply watching cartoon videos on youtube;

Some of the Social Media Platform Child Often Use

The themes in this section were coming from the specific research question 1.2. What are some of the social media platform does your child often use?' under the 1st major question, "What are the experiences of the parents in monitoring their children on the use of social media?" The responses generated seven themes: youtube, tiktok, educational apps, a lot, etc., watching movies and videos, ML/online games and facebook.
Youtube. YouTube is a widely popular platform for video sharing and streaming. While it offers a vast array of content, it's important to manage children's usage of this platform to ensure they have a positive and safe experience.Thus, informant 1, informant 2, informant 4 as well as informant 8 and informant 9, mentioned that youtube is one of most used social media platforms of their children.

Tiktok. TikTok is a widely used social media platform known for short-form videos and a diverse range of content. When it comes to children using TikTok, informant 1, informant 4, informant 5, informant 8, informant 9 and informant 10 mentioned tiktok as one of the social media platforms that their children often to use;
Most of the informants observed that their children are accessing to tiktok as one of the social media platforms that trends today.

Educational Apps. Educational apps can be valuable tools to support your child's learning and development. They cover a wide range of subjects and age groups, and many are designed to make learning fun and engaging. Informant 1 pointed out that aside from youtube and tiktok his child also use educational apps, informant 6 added that it is useful in doing research for their studies to search and gather information's.

A lot, etc.. There are other forms of social media platforms that children are using.
She said that there are also other forms of social media platforms that can be accessed too, informant 2 said. It is also added by the Informant 10 that that there are a lot of social media platforms that children are also exposed too.

Watching Movies and Videos. Watching movies and videos can be a popular form of entertainment and relaxation. Children mostly spend their time watching videos and movies in any social media platform.
Informant 3 presented that his child will download funny videos. Also, informant 4 mentioned that most of the time his spend the day watching videos.

ML/Online Games. Online gaming can be a popular and enjoyable activity for children, but it's essential for parents to ensure that it is safe, age-appropriate, and doesn't negatively impact other aspects of their child's life. One of the most popular online game that most children are playing is ML or mobile legends. Informant 5 and informant 7 mentioned that their children played ML. Informant 5 emphasized that ML is the most widely used

Facebook. Facebook is a widely used social networking platform that offers various features for connecting and sharing with friends, family, and people worldwide. If you or someone you know uses Children frequently used facebook to interact and communicate with their friends. It is essential to manage the time and interactions on the platform for a healthier experience. Informant 5 mentioned that his child frequently used facebook to connect and share with friends, informant 9 added that his child often used facebook as well, together with Informant 8 and 10 also said that their children too uses facebook as well.

Amount of Time Child Spends on Social Media per Day

The themes derived from the responses of the research informants to the specific research 1.3 'How much time does your child spend on social media per day?' are presented in this section. There are 8 themes drawn in this specific research question: 30 minutes to 1 hour, 8 hours, cannot reach 1 hour, 2 to 3 hours, limited until 9 hours, more than an hour, cannot monitor the time, whole day and 5 hours.

Social media affects time management of every individual who are expose in it. Kids and teens spend a lot of time on social media. Children spending time on social media can have both positive and negative impacts. On one hand, it can help them connect with peers, access educational content, and develop digital literacy skills. However, excessive use can lead to issues like cyberbullying, addiction, and a negative impact on mental health. Parents had different experiences regarding on their child's spend time on social media.

30 minutes to 1 hour. Spending 30 minutes to an hour on social media could be a moderate amount of time for children, depending on various factors such as their age, the content they are exposed to, and how they interact on these platforms. It's a good practice for parents or guardians to monitor the type of content their children are engaging with during this time. Informant 1 said that 30 minutes to hour his child spend time on social media. Informant 2 added that if she is around his child can spend mostly 1 hour.

Encouraging a healthy balance between online activities and other forms of recreation, such as outdoor play, reading, or creative hobbies, can contribute to a more well-rounded development.

8 hours. Spending 8 hours a day on social media, especially for children, raises significant concerns about their well-being. Such extended use can have various negative effects on physical health, mental health, academic performance, and overall development. Informant 2 cited that is he cannot monitor his child, maybe it will last for 8 hours.

Cannot reach one hour. Limiting social media use to less than one-hour for children can have its benefits. It allows for a controlled exposure to online content while minimizing the potential negative impacts associated with excessive screen time. Informant 3 had to say that it is important to monitor their social media involvement every day and it is important to set a limit on their time usage.

Two to three hours. Spending two to three hours a day on social media is a significant amount of time for children. While it's less than what might be considered excessive, it's still crucial to consider the potential impacts and ensure a healthy balance between online and offline activities. Informant 4 said that her child used cellphone every day, that's why she set a limit to control the usage and she has to do it to discipline her child social media usage to get rid from its negative effects. Informant 5 affirmed that after school, his child social media screen time will last for 3 hours.

Limited until 9 pm. Setting limits on social media usage until 9 pm for children can be a proactive approach to managing screen time and ensuring a healthier balance between online and offline activities. Informant 6 had to say that, at night they will allow only to used cellphone until 9 pm.

More than an hour. It's common for many people to spend more than an hour on social media. Sometimes, it's a way to unwind or stay connected with friends and current events. However, it's also important to find a balance and ensure it doesn't consume too much of your time or affect other aspects of your life. Informant 7 responded that her child exposed on social media screen for more than an hour.

Cannot monitor the time. Monitoring a child's social media usage can be challenging. Informant 8 said that he thought that his child at night is already sleeping but still using cellphone without his permission. That's what informant 8 observed on his child.

Whole day. Spending the whole day on social media can lead to various challenges, affecting both mental and physical well-being. She said that if she is not around maybe it will last for a day her child expose on social media.

5 hours. Spending five hours a day on social media is quite a substantial amount of time, and it could potentially have significant effects on various aspects of life. Informant 10 said that if she can monitor on his child, it will last for 5 hours spending time on social media.

It is important for parents to guide children in using social media responsibly, setting boundaries, and encouraging a balanced approach to screen time. Awareness and open communication about online safety and digital citizenship are crucial in navigating the online world. Remember, the goal is not necessarily to completely eliminate social media but to find a healthy balance that allows you to enjoy its benefits without it overshadowing other aspects of your life. Gradual changes and being mindful of your habits can help you manage your social media usage more effectively.

Influence of Social Media on Child's Social Behavior as per Observation

This section presents the results to the specific question "1.4. As per observation what are the influence of social media on your child's social behavior?' After subjecting the responses to content analysis, the following themes were drawn: changes on child's behavior, depends on child's adaptation, becoming hardheaded, becoming mean, adapting bad thoughts, and develop bad words.

Changes on child's behavior. Understanding the potential influences allows parents to actively guide children in navigating the digital world responsibly. It is crucial to foster open communication, set boundaries, and provide guidance to help children develop healthy online habits and mitigate the negative impacts of social media on their behavior and well-being. Informant 1 had to say that it changes the behavior of his child through the influence of social media. Informant 3 and informant 6 affirmed that it really changes the behavior of his child which made them rude and getting worst.

Depends on child's adaptation. In essence, adaptation skills significantly influence how individuals interact with and are influenced by social media. Being adaptable doesn't mean passively accepting everything online; rather, it's about developing the skills to navigate, manage, and utilize social media in a way that aligns with personal well-being and values. Encouraging adaptability alongside critical thinking and digital literacy is essential in maximizing the positive aspects of social media while minimizing its potential negative impacts. Informant 2 said that the influence of social depends on how people use and adapt.

Becoming hardheaded. The influence of social media on a child's behavior, including the development of stubbornness or a "hardheaded" attitude, can be complex and influenced by various factors such as when they are called by the parents they will not respond because they believed that their parents will let them do something or to get the phone from them. Other factor is that they become lazy, they don't want to be disturb on what they were doing on social media. Informant 4 affirmed exposure to social media made them child stubborn and hard headed. Informant 7 supported it is also happening to his child that it made his child not listening anymore.

Becoming mean. Informant 5 said that what children sees on any social media platforms really affects the behavior of the child which turns the child become arrogant, rude, and easily get mad. She added that unlike before, children without social media are very respectfully.

Adapting bad thoughts. One of the factors that changes the behavior of the children is through social media. Informant 8 affirmed that she observed this kind of behavior on her child who are expose to social media. There are also good things brought by the social media but most of what they easily adapt are bad thoughts and they apply it on their daily lives that even their parents felt bad about.

Develop Bad Words. Children are the best imitator so, on what they see and hears from any of the social media platform they can easily adapt it and apply in on their lives because they believe that what they see and hears

are true and correct without knowing that it is bad or something. Informant 9 stated that the behavior of the child is the effect of the social media exposure.

It is important that parents become aware of the nature of social media sites, given that not all of them are healthy environments for children and adolescents.

Potential Impact of Social Network on Child's Mental Health

In this section, the themes created were from the responses to specific research question 1.5, 'What is the potential impact of social network on your child's mental health?' The following themes were drawn: lack of focus, not a good impact, lot of learning if properly use, becoming deficient.

Lack of Focus. Social media platforms affect the mental span of the child. Informant 1 responded that her child's focus become short, and easily get bored on things they do.

Not a Good Impact. Too much expose on social media makes the child addicted. Informant 2 had to say that for her too much exposure to social media platforms makes his sons addicted which leads to negative outputs like become addicted, fail on academics and more. Informant 4 also added that children nowadays are hard to understand, become hardheaded acting weird. They become lazy as well.

Lot of Learning if Properly Use. Social media has both positive and negative effects. Social media can give us a lot of benefits especially in our studies when it is used properly and with the guidance of the parents. Most parents responded that social media platform can help their children in their studies and as a source of communication to communicate with their peers and teachers. Recently, some schools conducted their lesson through online. Informant 3 asserted idea that when it is used properly then it can help us a lot in many ways. Informant 6 added that there is also positive impact that social media can give to children because they will learn something on it that they never learned before through the help of social media platforms. Informant 8 mentioned the effect brought by social media, she said that social media has its positive and negative effect to us depending on how we are going to be influenced by it and how we are to use it. Informant 9 supported that social has an advantage to children especially in getting information.

Becoming Deficient. Social media can impact a child's development in various ways. Excessive use may affect social skills, mental health, and even academic performance. Informant 5 expresses that social media weaken the mind of his child. Informant 7 narrated that it makes his child late and poor in doing his assignments or school related activities.

3.2 What are the negative effects of the excessive use of social media to you as parents?

The results in this section were from the responses to the specific research questions used to gather data for the 4th major research question, 'What are the negative effects of the excessive use of social media to you as parents?' Three specific research questions were utilized to collect data and pieces of information.
Some Pleasant Experiences of Child's Social Media Engagement
The themes created in this section were from the responses to the specific research question 2.1, 'Can you tell me some pleasant experiences of your child's social media engagement?' The themes were acquired what child saw, cultivate learnings, child being happy, doing tiktok dance, posting about family, use for school and use for communication.
Acquire what Child Saw. Children can pick up behaviors, attitudes and values from what they see on social media. that's why guiding them toward positive content and discussing the context of what they encounter online is a crucial for their understanding and development. Informant 1 had observed this on her child that her child imitates what her saw on social media.

Cultivate Learnings. Absolutely, social media can be a platform for learning. It offers access to diverse information, educational content, and even communities that foster learning, creativity and skill development. When used purposefully and properly it can be valuable educational tool for children. Informant 2 affirmed that when it is used accordingly it gives us learning.

Child Being Happy. Watching enjoyable and entertaining content on social media can bring happiness to children. Whether it is funny videos, educational clips, or content that aligns with their interests, positive social media experiences can definitely uplift their mood and bring joy. But with proper guidance and moderation to ensure a healthy balance in their online activities.

Informant 3 said that she was amazed when she sees his child imitates the videos he just saw on social media. Informant 7 supported that online games can help his child develop his ability to solve the puzzle, informant 9 added that they learn how to dance because of the influence of the videos they just have seen on social media even they are not trained but then they will easily adapt things, that is one of the good things that social media has.

Doing Tiktok Dance. Many children find joy and express themselves through TikTok dance videos. It is a platform where they can showcase their creativity, learn new dance moves, and even connect with others who share similar interests. Dancing can be a wonderful way for children to have fun, stay active, and build confidence. Plus, sharing their dance videos with friends and family can bring a lot of positive feedback and encouragement, which can be very rewarding for them. Some parent responded that they were having fun watching their children enjoying tiktok dance. Informant 4 shared her observations on the effect of tiktok to her child which made him smiled. Informant 8 had to say that through watching his children do tiktok, learns to do funny things, it made me happy seeing them;

Posting about Family. Sharing about family life on social media can offer several positive experiences for children which creates bonding and connection, creating memories. It strengthens the family bond and provides a great source of entertainment. Plus, this is beneficial for parents because it fosters trust. It makes a child feel respected and deepens the trust between child and parent. Communication about what kinds of stories, moments and experiences can be shared helps to set healthy boundaries regarding social media. Informant 5 shared that she was amazed and happy when his child posted about their family activities because she believes it is one way of showing love to his family.

Use for School. Using social media for school activities can provide children with a range of positive experiences. It can help them access information by searching related educational topics it can help them communicate and update with their school activity through messenger. Also, teachers often use social media to extend classroom discussions. Platforms like facebook or zoom can host class discussions or debates, encouraging active participation and critical thinking. Nowadays, most of the school projects and activities requires social media platform like video editing, recording and more. Informant 6 stated that using social media is helpful in doing school related activities like doing research, school projects like recording or video editing because it really requires social media to do it so. Informant 10 said that it helps his child to do homework because it helps him to answer difficult things especially if it needs to be researched.

However, it is important to emphasize responsible use of social media in an educational context. Teachers, parents, and guardians should guide children on appropriate online behavior, privacy settings, and the importance of verifying information from reliable sources. Creating a safe and monitored environment is crucial to ensure a positive experience while using social media for educational purposes.

Use for Communication. Social media in one of the most used tools for communication. It has an easy access that can help us communicate with our family and friends even they go far from us. We can stay connected with each other informant 10 express that they can contact people who live distant from them

Unpleasant Experiences Drawn with Child's Social Media Engagement

This section presents the results to the specific question 2.2 "What are the unpleasant experiences you draw upon dealing with your child's social media engagement?' After subjecting the responses to content analysis, the following themes were drawn: bad effect on child's body and brain, decreased of focus span, develop bad words, becoming stubborn, unable to do any tasks, watching no good shows, watching porn, Addicted to ML/Online games, and imitate bad words and works.

Bad Effect on Child's Body and Brain. The impact of social media on a child's body and brain can be multifaceted and present several challenges if used inappropriately and excessively such as it reduces the attention span of the child, it affects the mental health and physical health of the child and mostly it's risk to addiction.

Informant 1 expressed that social media is the most bad influenced to his child body and brain. By fostering a balanced approach to social media use and promoting healthy habits, adults can help mitigate the negative impacts on children's bodies and brains while maximizing the benefits of digital connectivity.

Decreased of Focus Span. Excessive use of social media can potentially decrease the attention span of children. This is because social media platforms are designed to provide constant stimulation and instant gratification, which make it difficult for children to focus on tasks that require sustained attention, such as studying or reading. Additionally, the constant use of social media can create a reliance on short bursts of information and instant communication, leading to a decreased ability to concentrate non-longer and more complex tasks. Informant 1 observed on his child that the attention span lessens.

Develop Bad Words. Social media can potentially expose children to inappropriate language and influence their use of bad words. Many social media platforms have user-generated content, which means that anyone can post content, including vulgar or offensive language. Children who are exposed to this type of language on social media may start to view it as a normal way to communicate and may start to use it in their own language. Additionally, some social media influencers or celebrities may use offensive language, which can further normalize the use of bad words among children. Informant 1 affirmed that, sometimes his child can easily imitate bad words which is not good to say at all.

Remember that it is important for parents to monitor their child's social media use, have conversations with them about appropriate language and behavior, and set appropriate boundaries and consequences for inappropriate language.

Becoming Stubborn. It is possible for social media to contribute to a child's stubbornness. Social media can expose children to a diverse range of viewpoints and information, which may contribute to their determination to stick to their own beliefs, even if they are not open to considering other perspectives. It is important for parents to monitor their child's social media use, have open and frequent discussions with them about the impact of social media on their behavior and thinking, and provide guidance on how to communicate and interact with others in a respectful and considerate way. Encouraging activities that promote cooperation, teamwork, and compromise can also help counteract any negative effects of social media on a child's behavior. Informant 2 verbalized that, social media platform like tiktok can make his child stubborn and hard headed and she can easily adapt things on what she saw on tiktok rather than on other important things like church activities.

Unable to do any Tasks. Social media can be a significant distraction, making it difficult to focus on tasks and complete their responsibilities. Informant 3 experience this at home.

Watching No Good Shows. Children if not properly guided by the parents they lead to inappropriate social media contents. There are a lot of harmful and influential videos or contents on social media that put children into danger. Informant 4 said that, in social media, our children can get good things and bad things. So, as parent, I will not let him watched or do the bad things they seen on social media.

It is essential to regularly communicate with your child about their online experiences and provide guidance on making responsible choices when it comes to social media engagement.

Watching Porn. Too much exposure on social media children can able to navigate everything that the can able to access porn sites. Social media is very influential once they can able to access like this, because of their curiosity they will always open sites. This a concerning and inappropriate situation. It is important for parents to monitor and restrict children's access site like this. Informant 5 affirmed that, at their young age, because of too much explore to social media they can be able to navigate social media sites that are not suitable for their age, like porn sites. Informant 7 supported that at their young age, they are already expose on adult things like kissing.

Addicted to ML/Online Games. Addiction to online games, such as Mobile Legends (ML), can have various impacts on a person's life, including affecting their mental health, relationships, and daily activities. Addressing gaming addiction often requires patience and understanding. It is essential to support the individual in finding a healthy balance between gaming and other aspects of life. Seek professional guidance if necessary, for severe cases of addiction. Informant 6 said that his child is addicted on ML which causes health issue that makes feel bad. Informant 8 contended that it is not good that they always play ML because their lessons will be affected.

Imitate Bad Words and Works. It's common for children, especially at a young age, to imitate words and actions they see or hear from various sources, including media, peers, or adults. Children are like sponges, they absorb everything around them, including language and behaviors. If a child is imitating bad words or actions, it is important that parents will address it in a constructive way. According to informant 9 that his child is influence by the negative side of the social media. We parents must be a role model for our children because not only social media affects the bad behavior of our children but we as adults because they are also observing our actions and language. Informant 9 had observed this on her child.

Ways in which Parental Neglect Towards Habitual Use of Social Media Affect Parent-Child Attachment

This section presents the results to the specific question 2.3 "How does parental neglect towards habitual use of social media affect your parent-child attachment?' After subjecting the responses to content analysis, the following themes were drawn: loss of bonding, loss of communication, make an early discipline, not listening, nothing, not doing the tasks, and loss of respect.

Loss of Bonding. Social media has undoubtedly revolutionized the way we connect and interact with others, but also it carries certain consequences. Excessive use of social media can potentially affect between the child and parent relation which causes loss of bonding. Informant 9 responded that it can decrease face to face interaction. They spend much of their time engaging in online activities rather than fostering real-life relationships.

Loss of Communication. The rise of social media platforms has a significant impact on communication dynamics within families. Yes, social media offers numerous benefits, but it can also contribute to a loss of communication between children and parents. One of the reasons is that social can create distraction and it probably happens if parents had no time to monitor and guide his children in using the social media. children can make it as their way of expressing themselves through posting instead of having a conversation with their parents.
Social media if not properly used with your child then they are the most vulnerable to its negative effect that social media can give to us. So, it is important as early as now w will impose limitation, guide our children and monitor their online activities so that they will not fall to its negative effect, informant 2 said. Informant 10 attested that, if we allow our children always faced on social media then your communication as parent and children will be affected. It is important for parents to create a supportive environment where children feel comfortable expressing themselves and where healthy communication patterns can develop.

Make an Early Discipline. Discipline the child earlier on the use of social media is important. According to informant 3, if you miss to discipline your child in an early stage somehow it can give you problem in handling them especially if they become dependent on social media platform. So, it is best to start educating children about its benefits and potential risks. Informant 3 had to say that if you do not discipline your child, then maybe it turns back to us parents that in turns it become burden for us. So, it is important to discipline them and give them limitation when they use or engaged social media.
Cultivating early discipline is very essential and as parents it is important to stay connected and involved with your child as they grow and navigate the digital world.

Not Listening. Social media can certainly influence how children engage with their surroundings, including their responsiveness to parents. When children spend excessive time on social media, it can impact their attention spans and priorities, sometimes leading to decreased responsiveness to parental communication or instruction.
Informant 4 stated that if we let our children been expose to social media without proper guidance and care, then it negatively affects their behavior which made them lazy and rude. Informant 7 supported the response of informant 4 that she can do bad things to his child because it acts inappropriately.
But then, social media can also be a tool for learning and connecting with others if used properly and with the guidance of parents.

Nothing. Respect and good manners are values that come from upbringing and education, not from the absence or presence of social media. It is about teaching children the right way to behave accordingly with or without social media. It is highly appreciated today because the number of children have this kind is behavior decreased because most of them are influenced by the social based on what they see and observe.
Informant 6 mentioned that, though they are exposed to social media but then they never forget to show respect to elders.

Not Doing the Tasks. Children sometimes spend so much time on social media that they don't have enough hours in the day to do homework, read, exercise, sleep, spend time with loved ones, or enjoy the outdoors. It can indeed be a challenge when social media becomes a distraction because it preventing the child to complete his tasks and responsibilities. Informant 8 said that it is not a good effect to his child because he observed that his child cannot perform the tasks well because of social media that makes him mad and disappointed.

One possible solution to address this scenario is by setting clear boundaries and rules about social media use. For instance, you could designate specific times for using social media and ensure that it does not interfere with homework, chores or other responsibilities.

Loss of Respect. Social media can sometimes expose children to negative influences or behaviors that they might imitate. Informant 10 said that it can loss of respects and manners because social media contents influenced them to become rude and arrogant because most of the online creators posted. They believe that what they see is right. Remember, while social media can influence behavior, it is only one factor among many. Creating a supportive environment at home that prioritizes respect in all interactions can help children navigate social media effectively.

3.3 What are the coping mechanisms used in handling the situation and in disciplining child on the use of social media?

This section presents the results to the 3rd major research question, 'What are the coping mechanisms used in handling the situation in disciplining child on the use of social media?' Two specific research questions were utilized to gather data that would answer the question.
Role as Parents in Overcoming the Effects of the Social Media on Child's Intellectual and Behavioral Aspects
The results in this section were taken from the responses to the specific research question 3.1, 'What is your role as parents in overcoming the effect of the social media on your child's intellectual and behavioral aspects?' under the 5th major research question, 'What are the reasons of the research participants why exhibit an attitude against holding or becoming school principals or heads?' The following were the themes drawn from the responses; limit or control their use, make child stop from using gadgets, monitoring, guidance, and discipline child.

Limit or Control their Use. Parents play a crucial role in mitigating the effects of social media on their children's intellectual and behavioral development. There are some ways to limit or control their social media engagement by setting clear boundaries, monitor their online activity, encourage them to do other activities, having an open communication, educate them on its potential risks if misuse and as parents we should be a role model to our children. Most of the respondents said that they should limit or control their children social media use. So, as parents we should consider individual differences because there are times that so what works for you might not work for another. In imposing strategies to our children let us consider the following factors such as child's maturity, age and individual needs.
Informant 2 added that as parent, the most important thing to do is that I will discipline my child in exposing to social media use. Informant 5 contended that her role as parent is to limit the social media use of her child especially on online games. Informant 1 had to say that the better thing to do is to control child from using gadgets. Informant 4 said that she will get the phone so that his child will listen to her she said. Informant 6 stated that it is important to limit the social media use of children especially during school days so that the child can focus on her school.
Informant 7 also added that she will limit the time spend of her child on social media use. Informant 9 also said that she will make sure that he spends lesser time on social media use.

Make Child Stop from Using Gadgets. It is hard to limit or to stop children from using social media if they are already expose to it and become dependent. In here, parents play a crucial role in stopping or limiting or reducing a child's gadget usage, particularly social media, it can be challenging one, but there are some strategies parents can employ through setting limitations by designating specific time when they were going to use gadgets, encourage alternative activities to divert the attention of children, create tech-free zones where children in that area will not allowed to used their phones or gadgets, engage them in family activities or church activities to shift their focus away from gadgets and lastly educate and communicate them about the potential negative effects of excessive gadget use. Informant 1 said that as early as now, we should stop aour childs social media engagement, she said.

Informant 8 responded that if not well guided and monitored, it becomes harder for us to let our child stops his social media activities which leads into trouble.

Monitoring. Keeping an eye on your children's social media engagement can be important. As parents, they must be aware of the potential effects of social media on our children's intellectual and behavioral aspects. They must secure the safety of their children because too much exposure to social media is dangerous.
Informant 2 shared that do not let your child use any social media platform without our guidance as parents because there are also other social media platforms that are not suitable for their age.

Guidance. Guiding your children's social media engagement is a crucial part of parenting in today's digital age. As parents, we can play a crucial role in guiding our child's social media engagement and helping them overcome any negative effects on their intellectual and behavioral aspects. Informant 3 said that one of her strategies to guide her children to have an ongoing conversation about her social media experiences so she can able to know what approach she will foster. Furthermore, informant 9 added that as parents, we should guide and monitor our children's engagement in social media so that we are aware on what are things needs to be addressed on.

Some Strategies Imposed to Discipline the Child and Maintain Positive Mental Health

The results in this section were taken from the responses to the specific research question 3.2, "What are some of the strategies you can impose?' The following were the themes drawn from the responses; impose time limit in using gadgets, impose monitoring, proper communication, and confiscate cellphone.

Impose Time Limit in Using Gadgets. Imposing a time limit on your children's social media usage can be an effective way to ensure a healthy balance between online and other offline activities of their life. It is hard to limit or to stop children from using social media if they are already expose to it and become dependent. In here, parents play a crucial role in limiting or reducing if not stopping child's gadget usage, particularly social media. It can be challenging one, but there are some strategies parents can employ to set the limitations by designating specific time when they were going to use gadgets, encourage alternative activities to divert the attention of children, create tech-free zones where children in that area will not allowed to use their phones or gadgets, engage them in family activities or church activities to shift their focus away from gadgets and lastly, educate and communicate them about the potential negative effects of excessive gadget use. Parents need to explain the importance of balance, the impact on their well-being, and the benefits of engaging other activities. Most of the respondents supported that imposing time in using social media is important.

It is important to impose rules and limitation when children engaged in social media, this is what informant 10 stressed out. Informant 2 added that if they use gadgets, it must have a limitation. Informant 4 also added that they must have a proper time when to use cellphone. Informant 5 pointed out that her strategy to limit the exposure of his child is that, she has a task for his child to do so it distracts the attention of his child. Informant 6 responded that she controlled her children that they will only use cellphone for educational purposes. Informant 9 added that she will impose limitation on social media engagement of her child. Informant 10 said that she will give an alternative offline activity to keep her children away from technology.

Impose Monitoring. Keeping an eye on your children's social media engagement can be important. As parents, we must be aware of the potential effects of social media on our children. We must secure the safety of our child's well-being because too much exposure to social media is dangerous. Imposing monitoring on your child's social media activities can be an effective strategy to ensure their safety and well-being. Informant 2 pointed out that she always monitors her child's online activity.

Proper Communication. Proper communication between parents and children, especially regarding sensitive topics like social media, is essential. Effective communication is an ongoing process. It is about building trust, understanding, and a strong bond between parents and children. By fostering an open and supportive environment, you can encourage your child to communicate more openly about their social media experiences and concerns. Informant 3 had to say that having a good conversation may help the child understand the benefits and risks social media have. Informant 7 added that always monitor and have an ongoing conversation to your child to help them understand the good and bad side of social media. Proper communication is a continuous process. By maintaining open and respectful communication, you can build trust and support your child in navigating the complexities of the online world responsibly.

Confiscate Cellphone. Confiscating a cellphone can be a disciplinary action in certain situations, but it should be used as a last resort and with careful consideration. In order to limit or stop social media involvement of children, parent's resort to confiscates the cellphones, informant 8 uttered.

4.1What are the insights of the parents in the use of social media?

This section presents the results to the 4th major research question, 'What are the insights of the parents in the use of social media?' Three specific research questions were utilized to gather data that would answer the question.

Insights to Share to Other Parents in Relation to the Experiences Especially in Disciplining the Child and Promoting Healthy Social Media Habits

The results in this section were taken from the responses to the specific research question 4.1, 'What are the insights you can share to other parents in relation to your experience especially in disciplining your child and promoting healthy social media habits?' The following were the themes drawn from the responses; control child from using cellphone/apps, impose discipline, give limitations and monitor, and provide guidance.

Control Child from Using Cellphone/Apps. It is a common issue for many parents these days on how they will they will limit their children in their social media engagement especially children are growing up in a digital world and it's hard to keep them away from screens. Informant 1 perceived the importance of disciplining the child at early age. Informant 6 added by saying that cellphone is important to everyone in order to contact our love ones but then it must be used wisely.

Impose Discipline. In this fast-changing world social media is inevitable. Imposing discipline is a sensitive aspect of parenting. It involves setting boundaries and enforcing consequences while also nurturing a child's growth. Too much exposure to social media can harm the learner. Parents should keep an eye on a child social media activity of the child. Restrict them in using apps that is unessential, monitor their downloading activity and other form of activity to avoid the harmful effects. Based on the experience of informant 2 that his child become hardheaded because of the influence of social media, I will tell to other parents that we should discipline. Informant 5 convinced that we parents should be the voice in our family not our children so that in everything we say they will follow. Informant 7 agreed the idea of informant 5 that if we let our child to get what they want and if the time comes that we are going to discipline them it become harder for us to do so. Informant 10 added that we should discipline our child in a rightful way.

Give Limitations and Monitor. When it comes to imposing discipline and monitoring your child's activities, it is essential to strike a balance between setting limitations and providing a sense of autonomy. Parents should be involved with their child learning through the use of social media. In building the social media sites the parents may set rules and standards and limitation in browsing time. Be sure to consider privacy and maintain high level of respects for others. These informants shared their ideas on how to deal with children expose in social media, informant 2 cited. Informant 3 supported that it should be closely monitored in order to be notified on what activity did children are doing in social media. Informant 4 also added that we should not let our child overuse social media especially on games, videos and limit the time spend on screen. Moreover, informant 8 emphasized that we should impose limitation on their social media use.

Provide Guidance. Social media is a way to open up and connect. Privacy and security of everyone who get involved with it is at stake. With this, parents should take their responsibility in guiding the children. Parents and educators should take a proactive approach and help the kids educate in using the internet.nformant 9 stated that as parents we must guide our children in their social media activity every now and then so that we can able to let them know that what they are doing is right or wrong. Informant 10 pointed out that we should guide them in manipulating social media,

Reasons for Social Media Being Essential to Parents and Child

The results in this section were taken from the responses to the specific research question 4.2, 'Why is it that social media is essential to you and to your child?' The following were the themes drawn from the responses;

access to important information, medium of communication for relatives, for emergency purposes, and for educational or learning purposes.

Access to Important Information. Social media can be a valuable source of information. Social media has revolutionized the way we access important information. It provides us with platform to stay informed about current events. However, it is essential to approach social media with a critical mindset, ensuring that the information we consume is reliable and accurate. By harnessing the power of social media, we can expand our knowledge, connect with others, and stay informed in an increasingly interconnected world.

Informant 1 emphasizes the importance of social media in accessing information particularly to be updated in current issues. In school setting, mostly used messenger as a tool for communication to be notified in school activities, said informant 6. Informant 9 pointed out other benefits that we can get on social media, she said that even we are at home we can see things that we have never seen before like we are travelling to beautiful places by watching pictures and videos posted on social media.

By empowering children with information literacy skills and guiding them to access valuable resources, you equip them to navigate the wealth of information available while promoting responsible and informed learning.

Medium of Communication for Relatives. Social media has become a popular medium of communication for relatives, especially in today's digital age it offers a convenient way to stay connected, share updates, and maintain relationships with family members regardless of geographical distances. There are many ways of contacting someone. You can call, text, email, Facebook message. It is essential to human life and community. One of the benefits of using social media is to help improve communication. Laptop, cellphone and tablets enable the children to get in touch with their parents always especially when they are in the school and their classmates and friends. When there is an emergency happened in the family and relatives. Informant 2 presented the positive side of social media as a medium of communication. She said that for almost 42 years through social media they contacted their love ones. Informant 4 added that social media is important in communicating with her family and to educate her child on how to use social media for future use. Informant 7 mentioned that we should see its negative effect if not use properly. Informant 8 said that she will no longer waits for months to receive expected messages. Also, informant 10 added by saying it is important to communicate relatives live far from us,

For Emergency Purposes. Absolutely, social media can be utilized for emergency purpose like cellular phones. Cellphones are incredibly useful in emergencies. They allow you to quickly contact emergency services like police, fire department, or medical services by dialing 911 (or the local emergency number in different countries). Additionally, smartphones often have features like GPS that can help emergency responders locate you if needed. You can also store important medical information or emergency contacts in your phone, making it easier for others to assist you in case of an emergency. Some phones also have emergency SOS features that can quickly call for help or alert designated contacts with your location information. According to informant 2, she said that social media is useful for emergency, she can easily contact her love ones if something will happen.

For Educational or Learning Purposes. Social media can be a valuable tool for educational or learning purposes. It can provide us an opportunity to connect with experts in various fields who shared valuable insights. Social media fosters communities of learners. Groups on Facebook, Reddit, and LinkedIn are dedicated to various fields where members share knowledge, ask questions, and engage in discussions. Platforms like LinkedIn are used extensively for professional networking and sharing industry-related insights. It is a hub for job seekers, professionals, and experts to connect and learn from each other. Educators use social media to engage students by creating polls, quizzes, discussions, and assignments. It fosters interaction and keeps learners actively involved.

Social media breaks geographical barriers, allowing learners from around the world to connect, share perspectives, and learn from different cultures and experiences. Informant 2 shared that it can help us finds answers through using it in doing research and school related activities. Informant 5 added that social media is important for both parents and children. It helps us researching answers on the assignment of our children. Informant 8 said that we can learn a lot more things with the help and proper use of social media, informant 9 added that if it is properly used, it can help us enhance our talents and skills and makes our lives much easier.

Ways Social Media Content Mold the Mid and Change the Behavior of the People

The results in this section were taken from the responses to the specific research question 4.3, 'In what way social media content can mold the mind and change the behavior of the people?' The following were the themes

drawn from the responses; right understanding, acquire not good shows, too much exposure on online games, posting bad about others, getting angry easily, acquiring bad behavior, depending on people and wrong usage of social media platform.

Right Understanding. Yes, social media plays an integral part of our lives. Social media has both positive and negative effect. It is important that we have a right knowledge on navigating social media in order for us to be aware on its potential effect it can brings to our lives especially to our children.
For the part of informant 1, she emphasizes the positive effect of social media.

Acquire not Good Shows. Social media content has a significant influence on shaping behaviors, sometimes in ways that are not positive. While there are positive aspects to social media, it is important to acknowledge that certain contents have negative effects.
Informant 2 pointed out that social media has a significant influence that can affects in our intellectual and behavioral aspects depending on how we navigate its features.

Too Much Exposure on Online Games. Excessive exposure to online games through social media can have an impact on individual's mindset and behavior. It can lead to preoccupation with games, resulting in decreased productivity, neglect responsibilities and loss of interest in other activities. This can create a desire to spend money impulsively on virtual items, leading to financial strain and unhealthy spending habits.it can also decrease in face-to-face interactions, negatively impacting relationships and overall well-being
Informant 2 mentioned that, mostly young individuals expose too much on online games that will somehow cause them harm.

Posting Bad About Others. Posting negative or harmful content about others on social media is not a constructive or respectful behavior. It can have serious consequences for the both persons being targeted and the person posting the content. It can damage the reputation. It can be difficult to completely remove or over the damage caused. It can also cause emotional distress and anxiety. Informant 3 emphasize that we should consider things before posting about the life of others on social media;

Getting Angry Easily. Social media can contribute to increased anger and frustration in individuals.
Informant 4 observed that the behavior of his child is greatly influence by social media. if I will confiscate the cellphone, he will get mad easily and in some point he become aggressive.

Acquiring Bad Behavior. Acquiring bad behavior through social media can unfortunately happen, as it can expose individuals to negative influences and harmful content. If children are not properly guided by the parents, then it is not possible for the child to adapt this bad behavior that they have seen and observed on social media. Informant 5 stress out that there are a lot of social media sites that can shape us and give us an opportunity to learn and also it helps our toddlers on how to navigate social media. but then, there are also a negative effect that can change the behavior of the child based on the content that they see on social media. Informant 8 added that, young individuals are the target of the negative effect brought by the social media because they are very emotional and sensitive. They believe that what they have seen on social is the great thing to do.

Depending on People. The impact of social media can vary greatly based on how individuals adapt and interact with these platforms. Social media has an advantage and disadvantage. Informant 6 stresses that it really depends on how individual adapt the social media. Informant 9 pointed out the advantage and disadvantage that social media brings, she said,

Wrong Usage of Social Media Platform. There are a lot of people who happen to be a social media dependent but lack of understanding on how to navigate and manipulate social media. Educating oneself and others about digital literacy, privacy settings, critical thinking regarding online content, and responsible online behavior is crucial in today's digital age. Schools, parents, and communities can play a significant role in providing guidance and resources to ensure safe and informed usage of social media.
Informant 10 said that if you lack knowledge and understanding about social media it can lead you to its bad side,

4. CONCLUSIONS

In conclusion, the involvement of children in social media can have both positive and negative effects on their mental health and behavior. While social media can provide opportunities for connection, learning experiences and self-expression, it also poses risk such as addiction, cyberbullying, and negative self- comparison.

Parents have important role in overcoming the effects of social media usage. Establishing an open communication with children will encourage them to share their experiences, concerns and any negative encounters they may have had. Setting boundaries including time restrictions and age -appropriate platforms help the turn away from online risk. Proper guidance also helps them became responsible in navigating the social media platforms.

Parents play a crucial role in guiding and supporting their children who are involved in social media. There are some insights that parents should consider when taking care of children in the digital world. The following are Setting Clear Rules and Boundaries, Open Communication, Imposed Discipline and Constant Monitoring, Develop Critical Thinking through Learning and Education. Parents must be a positive role model. Parents should lead by example and demonstrate responsible social media usage. Show to the child how to engage in healthy online behaviors such as being respectful, kind, and mindful of privacy.

Remember, every child is different, and it's important to adapt these insights based on their age, maturity level and individual needs. Regular conversations, trust, and guidance are key in helping children navigate the digital world safely and responsibly.

5. ACKNOWLEDGEMENT

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