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Long-Term social media impact on individuals with Autism Spectrum Disorders and their Behavioral changes

Aditya Banerjee

Vestal Senior High School, USA

Social media is, without a doubt, a ubiquitous topic. Over the past quinquennial, there has been a clear trend of excessive social media use among young adults and adults with autism spectrum disorders (ASD). Currently, most research focuses on the uses of social media and the impacts and effects of social media. However, further research is needed regarding the content-based, visual communication of more relevant content-based research on how social media will affect these individuals behaviorally. More studies need to be performed to understand whether social media has more negative impacts than positive on adolescents' behavior. Problematic internet usage has been associated with adverse effects, including poor mental health, and is regarded as a long-term burden on behavioral health. For individuals with ASD, it is vital to assess the effects of systematic internet overuse to improve overall behavioral health. Research suggests that individuals with high critical media literacy are more motivated by social life and are more aware of "how to use media as instruments of social communication and change" 5. Furthermore, with ongoing research, there needs to be more bridging methods that could help better socialization for these individuals through social media. Long-term qualitative and quantitative research regarding the topic is essential for filling the gap with modern social media content and its long-term impact on behavioral and mental analysis.

Biography

Aditya Banerjee is a rising senior at Vestal Senior High School in Vestal, New York. His goal is to study medicine in the field of neuroscience. Aditya drives his leadership style by founding the healthcare chapter at his high school and co-founding medical startups. He has published in the Journal of Autism and Developmental Disorders and interned at Stanford Medicine. He currently works with Stanford Medicine Professors to target teen stress, emphasizing social media.