Review of: "The Impact of TikTok on Students: A Literature Review"

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"The Impact of TikTok on Students: A Literature Review" by Atinafu Regasa and Demelash Lemmi Ettisa offers an in-depth exploration of the influence of the immensely popular social media platform, TikTok, on students' lives. The literature review delves into various facets of students' experiences with TikTok, including its effects on academic performance, mental health, social interactions, and overall well-being. Through a comprehensive analysis of existing research, the authors highlight both the positive and negative aspects of TikTok's impact on students.

The introduction provides a background on TikTok, tracing its rapid rise to prominence as a global social media platform. It emphasizes the platform's potential for disseminating knowledge and educational content in a concise and engaging manner. The review acknowledges the widespread usage of social media among adolescents and adults, emphasizing its role in shaping young people's values.

The first section of the review discusses TikTok's impact on academic performance. It highlights concerns about how the platform's engaging content can distract students from their studies. The study cited in this section reveals that a significant percentage of students are addicted to TikTok and spend a substantial amount of time on social media. This addiction, in turn, can negatively affect their academic performance. The review also highlights the adverse effects of TikTok addiction, including the development of inferiority complexes, shifts in study habits, and reduced academic prospects.

The second section focuses on the impact of TikTok on mental health. It mentions that TikTok, like other social media platforms, has faced scrutiny regarding its potential to disseminate harmful content that can quickly reach vulnerable users. The review references a study that reveals the potential for TikTok to serve as both a source of support and a hindrance for users struggling with mental health issues. The algorithmic curation on TikTok, while helping users find information and connections, can also lead to distress and trigger negative emotions. This section emphasizes the importance of responsible content sharing on the platform and TikTok's efforts to remove content promoting self-harm and suicide.

The third section delves into TikTok's impact on social interactions. It recognizes that TikTok's content is diverse, ranging from entertaining skits and memes to educational content and dance videos. However, it acknowledges concerns that the platform's addictive nature can contribute to mental health problems such as anxiety and depression among young people. The section also highlights TikTok's role in promoting content creators and its potential to propel individuals to fame. It discusses the positive aspects of TikTok as a social network for making friends and fostering inclusiveness, but it

also mentions the dangers associated with dangerous challenges, such as the "choking challenge."

The fourth section focuses on TikTok's impact on well-being. It references a report that highlights TikTok's promotion of harmful content related to eating disorders and self-harm to teen users. It also discusses the addictive nature of TikTok and how excessive usage can lead to physical, mental, and emotional health issues. The review emphasizes the importance of recognizing TikTok addiction symptoms before it becomes a problem.

The fifth section presents the results of a study that examined the relationship between TikTok use and overall well-being. The study found that both active and passive use of TikTok did not significantly impact users' well-being. It suggests that factors like social support and upward social comparison may not mediate the relationship between TikTok use and well-being. The section concludes by highlighting the need for further research to explore how other social media platforms may affect well-being.

The conclusion summarizes the findings from the literature review and offers recommendations to navigate TikTok's influence on students responsibly. It emphasizes the importance of digital well-being awareness, creative expression and learning, privacy and online safety, open communication, time management, media literacy education, and following responsible role models.

In conclusion, "The Impact of TikTok on Students: A Literature Review" offers a thorough examination of TikTok's multifaceted effects on students. It underscores the need for responsible TikTok usage and informed decision-making while acknowledging both the positive and negative aspects of the platform. This review provides valuable insights for educators, parents, policymakers, and students themselves to better understand and address the impact of TikTok on students' lives.