Unveiling the Dark Side: Understanding Social Media's Adverse Effects on Muslim Individuals and Societies

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Abstract

Online entertainment has significantly transformed individuals' lives, including those in Muslim societies. While social media offers convenience, it also imposes emotional and psychological strain, which is evident in all aspects of life for social, emotional, and spiritual. The rapid growth of social networks, the proliferation of various social media platforms, and the growing prevalence of social media addiction necessitate an urgent exploration of their negative aspects, particularly within the context of Islamic values and norms. This paper examines the adverse effects of social media on individuals in Muslim societies through literature reviews and case studies, highlighting issues such as the pressure to continuously check for new updates, anxiety stemming from online comparisons, and depression caused by cyberbullying. Prolonged social media use may lead to self-isolation, social barriers, and a false sense of security, which contradicts the principles of communal life in Islam. By focusing on the challenges faced by Muslim users, this study aims to

raise awareness of the spiritual and social implications of social media within Islamic communities.

Keywords: Social Media, Facebook, TikTok, YouTube, Muslim Societies, Islamic Thought, Virtual Entertainment

Introduction

Because social media is relevant to several stakeholders, researchers from a variety of fields, including information and decision sciences, have given it a great deal of attention [1]. There are many existing examinations on the rise and advancement of web-based entertainment, its applications and suggestions, and its positive and pessimistic impacts, however, this paper will talk about the consequences for individuals' lives, feelings, and kids. Online Entertainment can give joy to individuals, and imparting life to others can bring fulfilment. Certain individuals invest a ton of energy pondering getting this fulfilment. For instance, TIK TOK has developed into a global cultural phenomenon. Many individuals stand out and enjoy sharing their lives. Without virtual entertainment, these are difficult to accomplish. We should concede that interpersonal organizations can assist us with keeping up with connections and addressing social issues. Teens and children alike will be impacted by social media's expansion and popularity. When working or studying, many people read a lot of social media content to escape the pressure of real life. Many individuals will squander a not many while getting their cell phones before hitting the hay which will genuinely occupy their rest time and make them incapable of focusing on work the following day. These are the adverse consequences of web-based entertainment enslavement. This article will examine the impacts of web-based entertainment on individuals and find out the close-to-home and life impacts of virtual entertainment on individuals. This article is based on a literature review and case studies about how social media can cause emotional and social disorders, cyber violence, and harm to children's development. Society and individuals need to focus harder on the adverse consequences of virtual entertainment, whether it's diminishing the nervousness and social problems of being constrained by web-based entertainment, the pressure of online brutality, or even confusion

for youngsters' turn of events. Rebuilding social competence, protecting children's health information intake, and early return to normal socialization are all necessary and urgent. Web-based entertainment has brought many changes to individuals' lives [2]. The pessimistic effect of virtual entertainment on individuals is reflected in all parts of life, social and close to home, while web-based entertainment rejuvenates accommodation, it additionally carries profound strain to individuals. It is urgent and crucial to investigate the negative aspects of social media due to the rapid growth of social networks, the constant appearance of various social media that attract users, and the growing prevalence of social media addiction. Through case studies and a literature review, we draw attention to the negative effects of social media on individuals in this paper. Virtual entertainment has carried individuals the strain to continually check new news, the tension brought about by online viciousness. Not exclusively will youngsters be impacted; however, kids will likewise be impacted along these lines, and, surprisingly, more in light of the fact that the data on the web is tumultuous. Cyberbullying, social anxiety, depression, and exposure to content that isn't appropriate for your age can all result from spending more time on social media. Web-based entertainment and innovation have carried harassing to another level [3]. It turns into a steadier, at any point present danger digital harassing. Cyberbullying implies harassing using innovation or any electronic correspondence, which will incorporate, yet not be restricted to, any exchange of signs, signals, composing, pictures and so forth. The widespread use of smartphones and the internet has made cyberbullying more prevalent. Application platforms for social media like Facebook [2-3], according to the most recent data, Facebook will still be the dominant social media platform in 2024 with 3.05 billion active members [4], YouTube, Twitter, Instagram, and Twitter have made it easier to connect with people all over the world. Assuming this is the case, you could have succumbed to the negative side of virtual entertainment. To understand what pessimistic impacts virtual entertainment has on individuals' lives. The pessimistic impacts virtual entertainment has on individuals are their psychological prosperity. In the

event that you spend a few hours via online entertainment, it could unfavorably influence your temperament and condition of prosperity. In the case of social media, this is especially true. Nothing is as it seems. Individuals investing an excess of energy in web-based entertainment like Facebook, TikTok, Instagram, and carve are bound to encounter state of mind swings, forlornness, and side effects of nervousness and discouragement. While it permits us to connect with individuals, companions, and adherents, it likewise empowers digital domineering jerks and hunters to threaten and destroy their psychological and actual well-being. Blogging has decreased among teenagers and young people since 2006, while it has increased among older persons at the same time. [5]. Figure 1 depicts some social media platforms that are most popular A virtual entertainment is a web-based stage that individuals use to construct informal communities or social relations with others who share comparable individual, or vocation interests, exercises, foundations or genuine associations. The effect of informal organizations on individuals' lives is huge. Users can have conversations, share information, and create web content on social media platforms. Billions of individuals all over the planet utilize web-based entertainment to share data and make associations. [6] The additional time spent via web-based entertainment can prompt digital harassing, social uneasiness, melancholy, and openness to content that isn't age-proper.
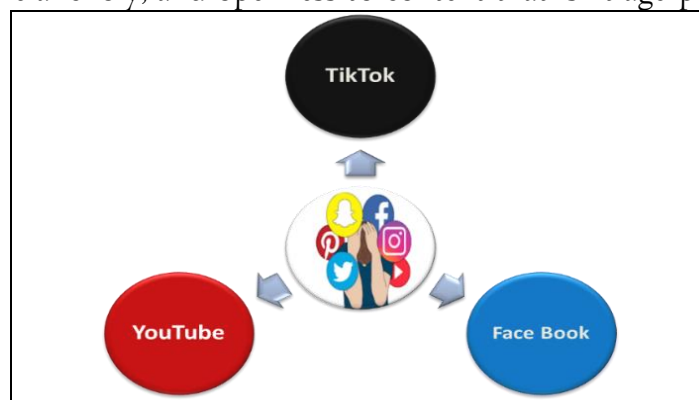

Figure 1 Social Media Platforms

The use of mobile devices has greatly expanded due to social media. Technology has also altered how people communicate, share, and exchange

data. Due to the recent pretty significant increase in the number of cellular handsets, mobile computing has become increasingly important [7]. People have been subjected to the pressure to constantly check the news, anxiety brought on by comparison, and depression brought on by online violence as a result of social media. Quite a while fixating via virtual entertainment will lead individuals into self-disengagement, making social obstructions, and fixating on a misguided feeling that everything is OK on the web. Social media can make you feel jealous, which can make you depressed and anxious, which can make your mental health worse. Social seclusion, social correlation, and social friend pressure all add to expanded sadness via virtual entertainment stages, particularly in youthful grown-ups. Virtual entertainment fixation is a conduct dependence that is portrayed as being excessively worried about web-based entertainment, driven by a wild inclination to sign on to or utilize virtual entertainment, and giving such a lot of time and work to virtual entertainment that it impedes other significant life regions. The additional time spent via online entertainment can prompt cyberbullying, social uneasiness, gloom, and openness to content that isn't age-appropriate. These websites, which have become increasingly popular, provide a platform for communication and pleasure for today's young [8,9]. Web-based entertainment is irresistible. The article is organized as follows, section 2 presents literature review, section 3 provides the methodology, section 4 consists of results and section 5 is the comprehensive conclusion of the study.

Literature Review

Notwithstanding, there are adverse consequences also. Exorbitant and uncontrolled utilization of online entertainment can bring about expanded hostility, mimicry of forceful conduct found in the media, and negative mental impacts like pressure, nervousness, sadness, and rest issues. Exorbitant utilization of online entertainment can prompt low confidence, body disappointment, and dietary issues among youngsters. In any case, it is critical to take note that numerous youngsters likewise exhibit an elevated degree of virtual entertainment education and know about the adverse consequences.

Virtual entertainment can gravely affect individuals' lives in different ways, the impact of web-based entertainment on individuals' lives. Web-based entertainment envelops a large number of mechanical stages in different designs. LinkedIn, Instagram, Twitter, and Facebook are the online entertainment stages that individuals are generally acquainted with. Research in Pakistan examined that both web-based entertainment and customary media are answerable for creating brutal ways of behaving and reckless activities among clients. LinkedIn with more than 35,000,000 clients has been accounted for as the third most well-known   SNS however for the most part utilized for proficient systems administration. Likewise, this examination found online journals, social effects, and Twitter among the other person-to-person communication locales. Research examination shows that Facebook is similarly famous among male and female individuals' lives under informal organizations. It is gathered from the examination that a larger part of the clients (61%) concur that this social medium unfavourably affects their scholarly presentation. Further analysis reveals that among these 61%, the majority of the respondents were male. As the people's rate of using social media is becoming high the impact of social media on people is also going to be high day by day. Due to the extensive involvement of social media in people's lives, it is affecting human behaviors and their lifestyles. Further investigation uncovers that among these 61%, a greater part of the respondents was male. As an individual's pace of utilizing virtual entertainment is turning out to be high the effect of web-based entertainment on individuals is likewise going to be high step by step. Because of the broad association of virtual entertainment in individuals' lives, it is influencing human ways of behaving and their ways of life.

Social Media's Impact on Individuals And Societies

The rapid proliferation of social media platforms has significantly transformed how individuals and societies interact, communicate, and process information. However, this transformation is accompanied by various challenges, as numerous studies have highlighted the adverse effects of social media on mental health, social interaction, and public opinion, especially

within specific demographic groups. A systematic literature review explored the impact of social media humor during the COVID-19 pandemic, revealing that while humor served as a coping mechanism, it also perpetuated stereotypes and led to psychological distress among users [16]. This study underscores the complex role of social media in influencing emotions and behaviors, which could be further examined within the context of Muslim societies where cultural and religious norms might affect social media interactions differently. In a different domain, research on optimized feature extraction techniques for cross-lingual text reuse detection highlighted the challenges posed by the vast amount of information circulated on social media. This often leads to the unintentional or malicious reuse of content across different languages and contexts [17]. Such challenges have significant implications for the spread of misinformation, particularly in regions where multiple languages are spoken, and social media plays a pivotal role in information dissemination. Further emphasizing the negative consequences, a study utilized sentiment analysis to examine the public's reaction to the Omicron variant of COVID-19 through social media posts. It was found that social media could exacerbate fear and anxiety during public health crises [18]. This concern is particularly relevant for communities that rely heavily on these platforms for information. Similarly, the development of deep learning methods to detect deep fakes has highlighted the potential for social media to disseminate harmful and deceptive content [19]. The prevalence of such content can undermine trust and social cohesion within societies where the integrity of information is paramount.

The psychological impact of social media has been further explored through the study of cardiovascular disease classification using machine learning. This research identified a connection between prolonged social media use and increased stress levels, leading to serious health issues [20]. This finding is significant in the context of cultural and religious teachings that emphasize the importance of maintaining physical and mental well-being.

The role of social media in shaping public opinion and influencing economic decisions has been critically analyzed, showing that social media can

significantly sway public opinion, often leading to economic decisions that may not be in the best interest of society [29]. This is particularly relevant in contexts where economic decisions are deeply intertwined with ethical and religious considerations. Moreover, studies indicate that social media may hinder learning, particularly in scientific domains, which raises concerns given the importance of education in many cultural and religious teachings [30]. Integrating [31][32] can offer critical insights into mitigating the adverse effects of social media on individuals and societies by fostering secure, connected environments that prioritize ethical data use and privacy. These technologies highlight the importance of robust digital infrastructures in safeguarding communities against the potential harms of pervasive online platforms. This issue is compounded by findings that link excessive social media use to the fear of missing out (FoMO), leading to increased anxiety and decreased life satisfaction [33]. The impact on mental health is further corroborated by research showing that adolescent and student populations were particularly vulnerable to the negative mental health effects of social media during the COVID-19 pandemic [34].

The literature consistently highlights the dual-edged nature of social media, offering both opportunities for connection and significant risks to mental health, social cohesion, and public opinion. These findings are particularly pertinent when considering the unique cultural, ethical, and religious contexts of specific societies, where the impact of social media may be amplified. Further research is needed to explore these dynamics in greater depth, focusing on developing strategies to mitigate the adverse effects while harnessing the positive potential of social media within these communities.

Negative Effects of Social Media on People's Lives

Causes Anxiety and Social Disorders

As per Tarafdar, Monideepa's insights and research in "Making Sense of the Connection between Technostress also, Innovation Fixation for Interpersonal Interaction Locales: An Investigation of 'Interruption as an Adapting Conduct.": Clients can observe that they are both a wellspring of stress and a decent spot to spread pressure. Regardless of whether clients are feeling the

squeeze while utilizing SNS (long-range interpersonal communication destinations), they will utilize a similar stage to adapt to this tension, move their different exercises on SNS, and in the long run construct habitual and extreme ways of behaving. Therefore, they implant themselves in the interpersonal organization climate rather than avoiding it, and structure an addiction [6] The development of new news via online entertainment is fast, making individuals dread being deserted quickly, by society for not taking a look at it in time, or being detached and deserted because they have no subject with companions. This feeling of dread toward missing something is characterized as FOMO (Apprehension about passing up) the Web. FOMO can cause serious society. Kyongdal Kim and others accept that virtual entertainment weakness is a negative assessment of online entertainment, including mental and actual weariness after clients have shaped various encounters during the time spent utilizing web-based entertainment [10]. People are animals loaded with longing for new things, so they can rapidly adjust to the consistently changing living climate, however such craving for new things can likewise prompt being grabbed and controlled by new news in virtual entertainment [11].

Profiles of Social Media News Consumers in the U.S

Percentage of social media site's (Facebook & YouTube) news consumers are categorized by gender in Table 1.**Table 1** Facebook and YouTube News Customers [12]

Male Frequency	Age	Female Frequency	Male Facebook	Female Facebook	Male YouTube	Female YouTube
39	18-29	23	50%	61%	43%	48%
37	30-49	30	41%	43%	30%	32%
42	50-64	32	46%	48%	32%	31%
41	65-70	40	60%	62%	40%	39%
50	71-80	20	50%	61%	20%	10%

Causes Internet Violence

Web-based entertainment will cause online brutality. The culprits will wildly extend their rough propensities and assault honest individuals aimlessly. As per the concentration on the way of life of netizens in the 24th Factual Report on Web Organization Center (CNNIC), the more vigorously deCyber viciousness assaults honest individuals loudly, yet in addition searches out the went after individuals, in actuality, truly encroaching on the ordinary power and protection of others [13]. The horrendous mankind showed by individuals under the security of the web can obliterate an individual's ordinary life, compel him into mental issues, and even decide to take his life.

Negative Effects on Children's Development

Virtual entertainment will enormously affect kids in the developing time frame, influencing and controlling their point of view. Developing youngsters don't have a total point of view and mindfulness for kids, up close and personal correspondence and connection can't be supplanted [14]. The General Health Questionnaire (GHQ) indicates that regular usage of social media is associated with psychological distress in both boys and girls. Girls who check social media more often are more likely to experience psychological anguish on a daily basis. [15] In 2020, among the 20,000 kids talked with, the extent of young men and young ladies who utilize virtual entertainment on different occasions a day were 48% and 55%, respectively. This extent expanded to 61% and 68% separately in 2021 and expanded in 2022 To 70% and 75%. Technology users are aware of more stressful events in the lives of their close friends and more distant acquaintances.
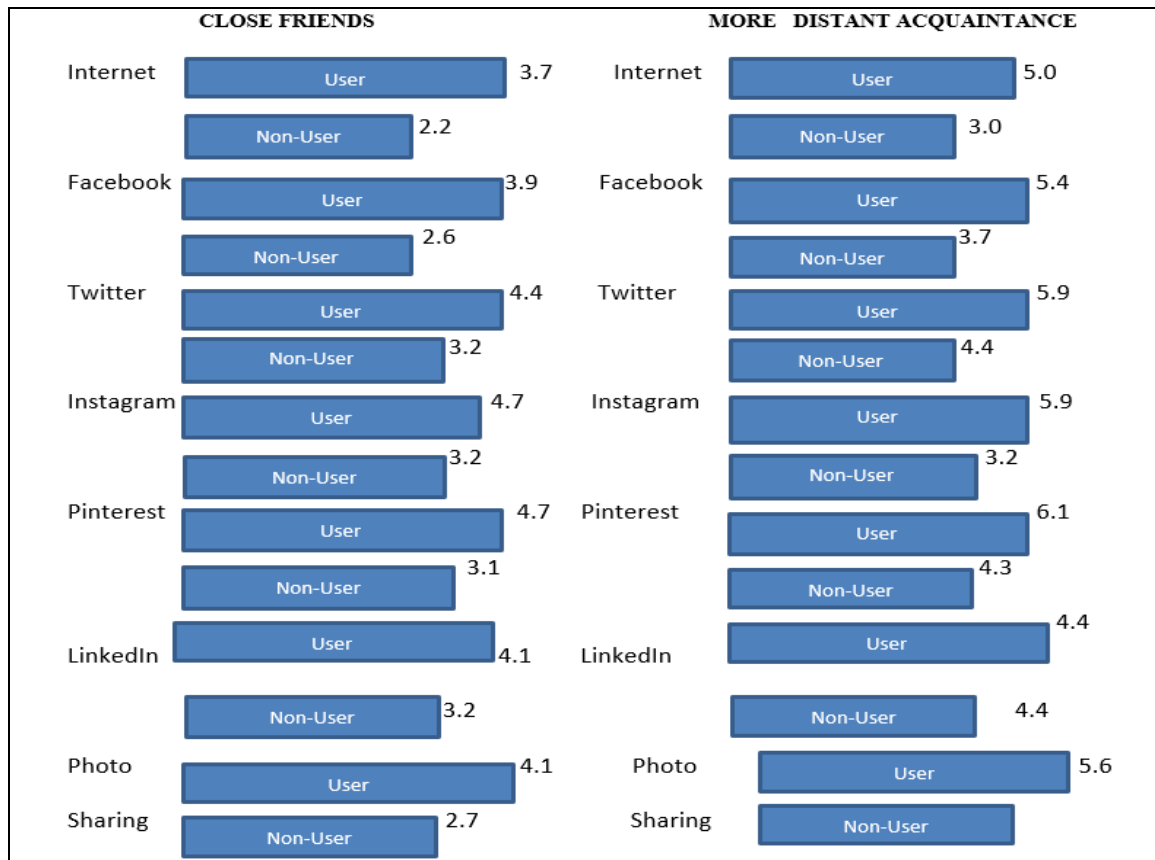
Figure 2 Social Awareness of User and Non Users of Internet and Social Media

The average number of stressful events (out of a total of 12 possible) that people knew occurred in the lives of their close friends and more distant acquaintances in the past 12 months. Figure 2 provides a comparison of Social Awareness of User and Non Users of Internet and Social Media. It's possible that cyberbullying is more prevalent in females or that it has a stronger correlation with psychological discomfort [16].

Methodology

Intuitive innovations are generally new, and examination into short and long-haul results is restricted. To conduct a thorough investigation into the negative impacts of online entertainment, a multimodal approach is utilized that takes into account many aspects of the phenomena. Focus groups and in-depth interviews are utilized in qualitative analysis to investigate people's

perspectives and experiences with online entertainment-related distractions. To measure the prevalence and severity of distraction, addiction, and self-destructive behavior linked to the use of online entertainment, quantitative methods are employed, such as the administration of surveys and questionnaires. The impact of internet entertainment on people's well-being and its addictive character is studied through behavioral observations and psychological evaluations. Online entertainment platforms undergo content analysis to find themes about self-harm or suicide thoughts, while geospatial research looks into geographic trends in problematic usage. Large datasets can be easily analyzed using statistical tools like R to find correlations and adverse effect predictors. This study intends to provide a comprehensive knowledge of the complicated relationship between online entertainment and people's mental health using various investigation methodologies, guiding future interventions and legislation to lessen its detrimental effects. Figure 3 explains it pictorially.
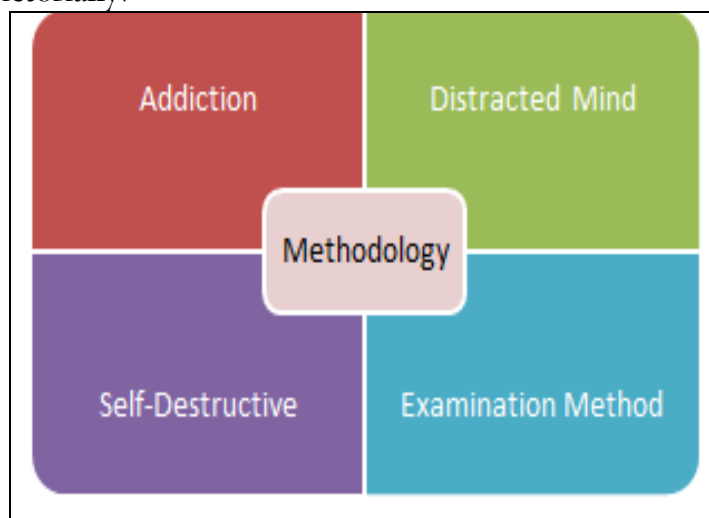

Figure 3 Navigating the Intricacies of Distraction, Addiction, Self-Destructive Patterns, and Examination Methods in Online Entertainment

Self-Destructive

Anyway, different investigations have connected high utilization to the expanded chance of tension misery self-damage, and, surprisingly, self-destructive contemplations. Examining people's interactions with digital

media, as well as their motives, triggers, and the outcomes of their activities, is crucial to understanding self-destructive behaviors in the context of online entertainment. It can entail looking for themes of self-harm or suicide ideation in online material and researching the psychological aspects that lead people to participate in these kinds of actions. In the digital age, it is imperative to identify and treat self-destructive behaviors linked to online entertainment to support people's mental health and well-being. This entails putting interventions and support networks in place to assist people in forming healthy connections with online media and managing any stressors or difficulties they might run across in digital settings.

Examination Methods

Examination Methods utilized in online entertainment research incorporate the coding of pictures and non-text information, story investigation of web-based entertainment text, geospatial investigation, and utilizing programming, for example, R to break down enormous information. Technique in media studies is a term used to depict the different manners by which exploration can be led with a group of people and about of a particular kind of media. Expected dangers of the pessimistic effect of web-based entertainment on individuals' lives include:

Addiction

A difficult issue among individuals virtual entertainment compulsion has prompted tragic results. While checking virtual entertainment and involving the PDA with some restraint isn't awful, useful investments are squandered because of abuse [15].

Distracted Mind

Virtual entertainment is indiscreet. New messages, warnings, and updates are the stimulus to continually looking at the telephone, bringing about the interruption. The singular sits around idly in any event, overlooking significant work to take a gander at the modest update as it were.

Discussion

A recent investigation by the Wall Street Journal revealed that Facebook was aware of mental health risks linked to the use of its Instagram app but kept

those findings secret. Internal research by the social media giant found that Instagram worsened body image issues for one in three teenage girls and all teenage users of the app linked it to experiences of anxiety and depression. It isn't the first evidence of social media's harms. Watch people groups have identified Facebook and Instagram avenues for cyberbullying and reports have linked TikTok to dangerous and antisocial behavior, including a recent spate of university vandalism. In this report, we are trying to understand how technology and other factors are related to the size, diversity, and character of people's social networks. Combining survey responses from 29,284 participants in 15 countries with server-logged data of Facebook use, we found that when people thought that Facebook was good for them and for social media time spent on platform was not significantly associated with lower well-being.
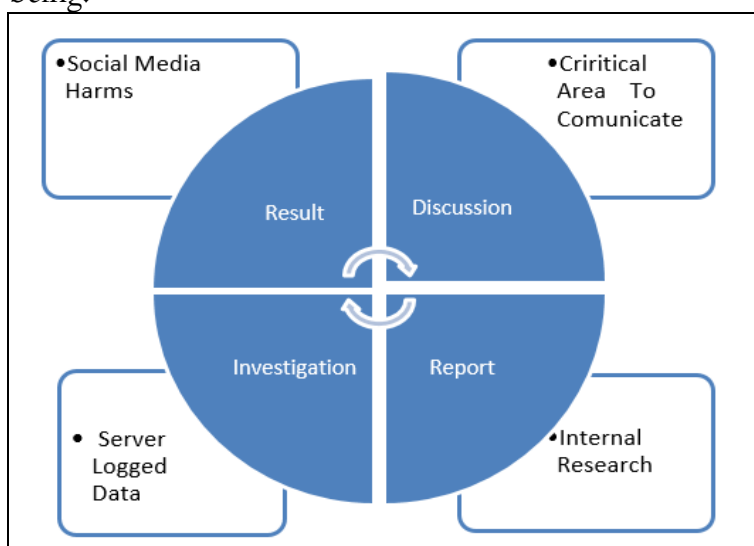

Figure 4 Breakdown of Discussion

Beliefs had a stronger moderating people relationship when time-spent measures were self-reported rather than coming from server logs. We discuss potential mechanisms for these results and implications for future research on well-being and social media, use. Social media became a critical area to communicate and share knowledge at a period when social distance and engagement with people were constrained. Figure 4 provides its pictorial representation.

Results

Social Media on People's Lives

The examination study was directed at Multan University to research the effect of virtual entertainment concerning individuals' lives. The fundamental motivation behind the review was to figure out nervousness, despondency, and confidence. The survey was utilized as an apparatus for information assortment. This examination movement was a writing concentrated on which had a predefined length. The interview plan was planned in the radiance of study targets. Before sending off the real overview the timetable was pre-tried. Fundamental changes were made in the timetable after pre-testing. To gather the essential information test online entertainment destinations were visited and meets were led in YouTube recordings. After the assortment of information through the survey, the essential information was dissected through online entertainment applications.

Table 2 Gender-wise Social Media Usage

	Facebook	YouTube	Twitter	Instagram
Male	39%	57%	52%	38%
Female	61%	43%	48%	62%

ExplanationI

Table 2 shows that males and female who to use social media. In which male 39% of the people use Facebook and 61% female of the people use Facebook. In which male 57% of people use YouTube and 43% female of the people use YouTube. In which males 52% of the people use Twitter and 48% female of the people use Twitter. In which male 38% of the people use Instagram and 62% female of the people use Instagram.

Table 3 Age-wise Social Media Usage

Age	Male Percentage	Female Percentage
18-29	39%	61%
30-49	57%	43%

50-64	52%	48%
65-70	38%	62%

Explanation2

In people's lives level of social media, we come to know which group is more affected by social media and also know their involvement. Table 3 represents people's lives level of social media apps percentage. That is age 18-29 male use social media 39% Facebook app and female use social media 61% having Facebook app.

Table 4 Platform-wise Social Media Usage

Use Of social media	Frequency	Percentage	If yes then what type?	Frequency	Percentage
Yes	50	100%	A	22	44%
			B	13	26%
No		-	C	-	-
			D	3	6%
			E	12	24%
Total	50	100%	Total	50	100%

Denotations

A. Facebook
B. Skype
C. Twitter
D. YouTube
E. All of above

Explanation3

Table 4 shows that 50(100%) of the people use social media. Furthermore, the table shows that people use what type of social media. In which 22(44%) of the people use Facebook, 13(26%) of the people use Skype, 3(6%) of the people use YouTube, and 12(24%) of the people use all of the above.

Findings

- Majority of the peoples i.e. 50(100%) use social media.
- Majority of the people i.e. 22(44%) use Facebook

Table 5 Impacts of Social Media on Academic Performance of People's Life

Impacts of social media on the academic performance of people	Frequency	Percentage
A	19	38%
B	14	28%
C	3	6%
D	10	20%
E	4	8%

Denotations

A. Anxiety
B. Confidence
C. loss of motivation
D. Reduces learning capabilities
E. All of the above

Explanation4

Table 5 presents the impacts of social media on the academic performance of peoples live. That is 19(38%) of the people said that use of social media leads to anxiety.

Conclusion

This study examines research on the pessimistic effect of web-based entertainment on individuals' lives through pessimistic profound effects, online brutality, and adverse consequences on kids, utilizing writing and contextual investigations to make the accompanying inferences. Virtual entertainment can bring tension, stress, and social obstructions to individuals, and such feelings can prompt a more profound online entertainment enslavement. Individuals will have faith in the purposely faked amazing life shared on the Web, and subsequently have a disappointed and restless outlook on their reality, and begin to contrast themselves as well as other people. Digital brutality can obliterate an individual's life, disregard an individual's all in all-in-all correct to protection, and prompt numerous guiltless individuals to be annihilated or even end it all. Over-the-top guilty pleasure in the satisfaction and consideration brought by the Web and online

entertainment can cause virtual entertainment enslavement, social distance, and the powerlessness to impart regularly up close and personal. Kids are more powerless to impact when they come into contact with web-based entertainment since they are at a phase where their point of view, world standpoint and mindfulness have not created and developed, making it difficult to recognize whether data on the Web is genuine or bogus. Since this proposition doesn't develop more parts of the pessimistic impacts of virtual entertainment, for example, for explicit gatherings, for example, the functioning populace, there is as yet a space for development in this postulation.

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