
USING SOCIAL MEDIA FOR ANALYZING CLIMATE IMPACT ON FOOD SECURITY AND NUTRITION AND SUSTAINABLE AGRICULTURE

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Abstract: With the global population growing, significant additional effort and innovation will be required to sustainably increase agricultural production, improve the global supply chain, reduce food losses and waste, and ensure that all people suffering from hunger and malnutrition have access to nutritious food. Numerous members of the international community believe that eliminating hunger within the next generation is possible and are cooperating to achieve this goal. The most frequently utilized medium is now digital media, which has overtaken conventional media. It enables one-handed operation of a wide range of digital devices. With a single click, we may go from video to audio and from audio to a web link. It is growing popularity among both children and adults nowadays. The study will examine the impact and consequences of children's digital media usage on their mental health. Modern technology may also ease communication, which is an essential part of existence. Our mental health is strained further by the present condition of things. This leads in an inability to concentrate and bad sleeping patterns; these are also negative consequences of using several long-distance interpersonal connection sites. We are progressively annihilating ourselves in a more straightforward manner. Consuming late-night snacks, drinking insufficient water, sleeping late, and slumping are all manifestations of this era's disaster. Our bodies' basic organization, or what we refer to as blood, serves as a source of energy. It nourishes our muscles, enabling them to move and exert power when required. Educational programming on television may be helpful if it is well-designed and suitable for the target audience. Academic achievement is achievable with the availability of well-designed educational material. Without a doubt, digital media has a positive impact as well. Individuals, especially youngsters, should spend considerable time watching television throughout their formative years, yet social media platforms such as YouTube have mostly replaced television. YouTube is the best website for children's material at the moment. The impact of digital media communication on children's health was determined using a quantitative research method. This research establishes that social media has a negative effect on children. There is a positive connection between social media use and unethical conduct. Additionally, this research looked at the effect of digital media on children and adolescents. To determine the impact of digital media communication on children's health, quantitative research was performed. Finally, our study shows the tremendous impact of digital media on children's health, as an increasing number of children confess to being addicted to digital media and experiencing severe physical and mental health issues as a result. They often suffer from severe sleep problems and are frequently irritated by studying. In summary, digital media induces drowsiness in teenagers and adolescents and often results in procrastination.

Keywords: Sustainable Development Goal, United nation, International Development, Global Warming

Introduction

As the global population continues to grow, significant additional effort and innovation will be required to sustainably increase agricultural production, improve the global supply chain, reduce food losses and waste, and ensure that all people suffering from hunger and malnutrition have access to nutritious food. Many members of the world community think that eradicating hunger within the next generation is feasible and are working together to accomplish this objective. At the 2012 Rio+20 Conference on Sustainable Development, world leaders reaffirmed everyone's right to safe and nutritious food, compatible with the right to sufficient food and the basic right to be free of hunger. The United Nations Secretary-General's Hunger Challenge, announced at Rio+20, urged governments, civil society, religious groups, the business sector, and research institutes to work together to eradicate hunger and the most severe forms of malnutrition.

Since then, the Zero Hunger Challenge has gained significant support from a broad range of member states and other organizations. It requires:

1. Under the age of two, there are no stunted children.
2. All year round, 100% availability to sufficient meals
3. Each food system is self-sustaining.
4. Increased productivity and income of smallholders by 100%
5. There will be no food loss or waste.

The Sustainable Development Goal 2 (SDG2) recognizes the interconnections between supporting sustainable agriculture, empowering small farmers, promoting gender equality, ending rural poverty, ensuring healthy lifestyles, and addressing climate change, among other issues addressed in the set of 17 Sustainable Development Goals.

Apart from calorie consumption, good nutrition encompasses other aspects, like micronutrient availability and healthful meals. Micronutrient deficiencies in mothers and babies may have long-term developmental consequences. Unhealthy diets and lifestyles are strongly associated with the increasing prevalence of non-communicable illnesses in developed and developing nations alike. Adequate nutrition throughout the crucial 1,000 days between the start of pregnancy and a child's second birthday need special attention. Since its inception five years ago, the Scaling-Up Nutrition (SUN) Movement has made significant strides in integrating methods that connect nutrition to agriculture, clean water, sanitation, education, employment, social protection, health care, and resilience support.

Extreme poverty and hunger are mostly rural phenomena, with smallholder farmers and their families constituting a significant percentage of the poor and hungry. Thus, eliminating poverty and hunger is inextricably connected to increasing agricultural productivity, food production, and rural incomes. Agriculture systems globally must improve their productivity and efficiency. Sustainable agricultural methods and food systems must be pursued holistically and integrated, encompassing production and consumption.

Land, healthy soils, water, and plant genetic resources are critical inputs to food production, and their scarcity in many areas of the globe makes sustainable usage and management essential. Increased yields on existing agricultural areas, including rehabilitation of degraded lands, would help alleviate pressure to remove forests for agricultural production. Effective water management via better irrigation and storage technologies, in combination with the creation of new drought-resistant crop types, may help maintain dry lands production. Land degradation must also be halted and reversed if future food requirements are to be met. In the framework of sustainable development, the Rio+20 result document advocates for creating a world free of land degradation. Given the magnitude of global land degradation at the moment, the potential advantages of land restoration for food security and climate change mitigation are tremendous. However, there is an acknowledgement that scientific understanding of the causes of desertification, land degradation, and drought continues to evolve.

Numerous aspects of traditional farmer wisdom, when supplemented with cutting-edge scientific understanding, may promote productive food systems via good and sustainable soil, land, water, nutrient, and insect management, as well as a greater use of organic fertilizers. Increased integration of decision-making processes at the national and regional levels is required to maximize synergies and properly handle trade-offs between agriculture, water, energy, land use, and climate change.



In light of anticipated changes in temperature, precipitation, and pests as a result of climate change, the global community is urged to boost investment in research, development, and demonstration of technologies that will improve the sustainability of food systems worldwide. Developing the resilience of local food systems is essential for avoiding future large-scale shortages and maintaining food security and adequate nourishment for everyone.

Communication which is source of interaction should be clear and genuine. Disrupted communication can result in to social anxiety and stress. At the point when we walk our muscles become abbreviate and protract to make us push ahead. In the event that our eating routine isn't acceptable, bones and muscles will likewise endure. Exercise is significant for us all, ought to be accomplished for 10-15 mins. Activities can be a piece of certain exercises like doing hacking wood and pitching feed. Activities ought to be finished with the best possible power and speed. Children's physical, mental, emotional and social needs should be fulfilled in a right manner. Every child grow in a different way but experiences the same stages of development. Every child is unique in its own way. Vigorous activities are excellent for your pulse. Since including in vigorous exercise can upgrade your oxygen take-up. Ability based activities are significant for the development of an entire body parity and deftness response. Exercise is the most ideal approach to make a human sound. Developing kids needs to play which will bring about solid people. Physical movement builds up our heart and cerebrum capacities. Exercises like cruising, swimming; angling, horse riding, and bowling are the best for cleaning abilities and creating wellness. Media and family plays a vital role in developing children personality. Violent video games should be suppressed in children's. Wellbeing correspondence programs are buckling down, arranging and systems are made to comprehend the requirements of the individuals. Food hues are extremely hurtful for everybody. Utilization of characteristic items like milk and dairy items ought to be upgraded. The admission of salt is extremely damaging for us all. Undesirable and ill-advised eating regimen additionally result into a heftiness, hypertension, atherosclerosis, ischemia, coronary illness, myocardial contamination, cerebrovascular infection, stroke, diabetes mellitus, osteoporosis, liver cirrhosis and dental caries. Poor sustenance additionally impacts stomach wellbeing.

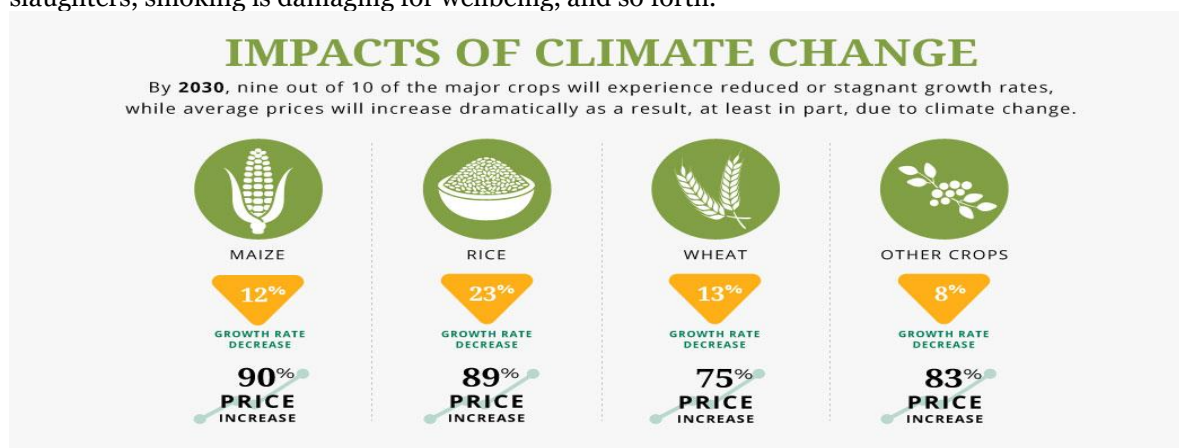
Literature Review

Guardians and educators ought to grow great comprehension with the children's, to become trust; guardians and educators need to make themselves mindful of the innovation, its uses, and its entanglements. Playing of computer games is utilized as a substitute for ordinary physical movement, the positive relationship between game play and stoutness is unquestionably conceivable; time spent staring at the TV or just resting, computer game play can serve to all the more decidedly influence vitality use. Expanded utilization of cell phones has been accounted for to be related with latent forceful, unprotected, socially contradiction, fixation, dependence, and tension. It is essential to record young people's commitment with food and drink marks via web-based networking media. Information on the exceptional qualities and image frameworks of media decide how every medium can best be utilized by kids and how the data introduced is differentially handled. Correspondence's media depend on various types of image frameworks thus furnish youngsters with various types of arranged learning openings. Web based life, for example, Facebook, YouTube, Pinterest, Twitter and Instagram offer guardians the chance to transfer their own material and react to, clergyman, tag or offer others' substance. The development of web-based social networking since the early long stretches of this century has furnished more up to date methods of interfacing with different guardians and trading individual subtleties of pregnancy and child rearing encounters. As new media platforms and social media have been incorporated into children's media diets, hours spent in TV viewing have slowly decreased over the past 2 decades. Numerous potential reasons why a Facebook client may tend to get discouraged, as there are various components that may lead a previously discouraged individual to begin to utilize or build their utilization of SNS. The most widely supported physical health correlates of traditional media use, such as TV viewing, computer usage, and video game play, are child obesity and poorer sleep health. Explicit depiction of self-injury on social media is common, as shown by site content studies that found photographs or live videos of self-injurious behavior, many of which had no warnings about graphic content. New Generation is such a great amount of reliant on computerized media so we can likewise call them advanced age. Internet based life giving us the stage to share our encounters and thoughts. Our loved ones are additionally present where we feel progressively good and secure. Creating social correspondence gives us involvement with dynamic and thoughts. In the realm of a computerized innovation our learning style is additionally developing. Guardians and educators ought to grow great comprehension with the children's, to become trust; guardians and educators need to make themselves mindful of the innovation, its uses, and its entanglements.

Advanced media is such a great amount of intriguing in varying social statuses. Computerized Progression gives us how the learning can be all the more fascinating, gaming with brimming with fun and energy, Webcasts, digital broadcasts, and YouTube recordings are likewise present to

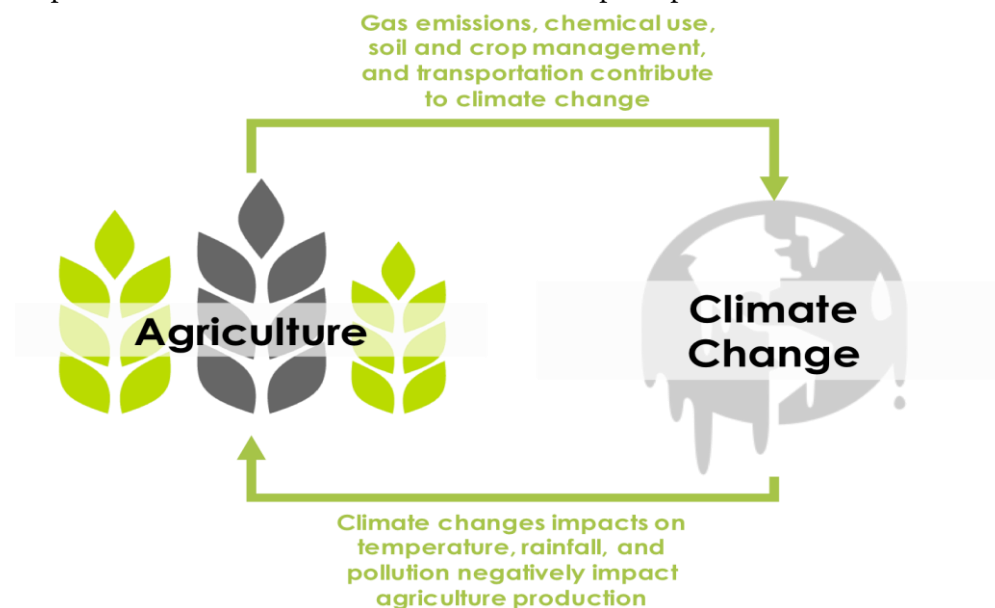
manage us. Web based life sites likewise picking up intrigue youngsters by giving them the essential information about the stature, weight, diet, nourishment, quality and physical exercises. Digital technologies such as laptops, tablets and mobile devices are providing more knowledge. Advanced gadgets are likewise making us all the simpler approach to speak with our friends and family sound calling, video calling, sending love messages and sharing pictures. We are living in a time where we have genuine character and another is social personality. Through this social disposition the majority of the encounters will turn into the piece of genuine character. The separation among young men and young ladies is likewise now diminishing in light of media assessment. Wellbeing is one of the essential needs of life. One ought to be sound intellectually and truly both. Guardians and educators ought to grow great comprehension with the children's, to become trust, guardians and educators need to make themselves mindful of the innovation, its uses, and its entanglements.

Internet based life sites simply like YouTube most loved site of every one particularly of children's. Thusly instructor likewise feels energized and vigorous in educating. In early years individuals and uniquely kids should sit in front of the TV as a large portion of their time however these days' social sites like YouTube supplant with TV. YouTube is currently the best site for all the children's. Broad communications have indicated different consequences for youngsters' turn of events. As on one hand indicating uplifting disposition in overall advancement in children's, physical, mental and social wellbeing. Brands are on the whole standing out enough to be noticed and changing our reasoning. The impacts of tobacco, smoking or liquor can be seen on media. Unique messages and ad are likewise running everywhere throughout the social sites like liquor slaughters, smoking is damaging for wellbeing, and so forth.



WHO is doing wonderful job taking care of nutritional diet for everyone. Malnutrition is one of the worst conditions of our world. Absence of physical action will bring about ceaseless infections. One ought to include in a physical action for in any event 15 minutes. One of the reasons for weight is additionally the advanced media, giving an excessive amount of solace prompts overweight. A decent life results from the solid life, including in the physical exercises can beat the impacts of cardiovascular sicknesses, diabetes, stroke, liver illnesses, and etc. Youth corpulence drives ischemia maladies, stroke, dysglycemia and different scatters. Childhood obesity leads ischemia diseases, stroke, dysglycemia and other disorders. Involving in a proper physical activity you can avoid the risk of injury and other health disorders. Physical activity not only supports our physical fitness but also our mental, social, behavioral and cognitive performances. Physical activity result into support for the society and community. Physical activity is very important for everyone. Physical activity environment will result balance, muscular endurance, cardiovascular endurance, flexibility, agility, power. When you involve physical activity, you feel good mind become fresh and you feel more productive, as a student you have a good academic performance. Physical activity is very important for all. Children's participation in sports should be check with great responsibility. Participation in sports or physical activities, will leads towards all time health advantages. Some of the children are facing hand and eye coordination problems. Preschoolers need more gross motor development. Children should physically engage in some activities. Children should be involved in activity which will be longer and have intensity from moderate to vigorous. Involving in a physical activity help us to maintain our musculoskeletal system, digestion, sensory motor integration, motor skills and especially for physical and mental cognitive development. Physical exercises are the bundle of different medical advantages. There should be a positive educator and understudy relationship; instructor ought to furnish best information with affection and care. Educators are profoundly liable for student's development. Study halls ought to be as per the need of the understudies. Teachers guide the students how to behave socially, cognitively, and physically. Positive relationship results into effective understudies with extraordinary future. Instructor is the second parent for the understudies. Educator conduct will be liable for the result from

understudies. According to body composition boys are differ from the girls. Gender differences shows females are lesser active then males. Girls tend to participate less in physical activities as compared to the boys. Relationship among real exercises yet its advantages, mentors must think yet chart exercises in which so progressively best outcome will occur out. Instructors are conveying their essential abilities to the understudies for the best result in them. In Classroom advanced media ought to be put to create understudies more enthusiasm to pick up information.



Theoretical Perspective

This research determined the significance of the following theories: -

Reinforcement Theory (Joseph clipper-1960)

Media has the power to influence on peoples mind to some extent. In this research, we have to apply media school children and observe the behavioral change.

Diffusion of Innovation (Everett Rogers, 1962)

By applying this research, we will observe how the diffusion of innovation takes place. This will help us to know the adaptability rate among children.

Attitude Change Theory (Carl Hovland and Walter Weiss)

This research will help to design and present the message for the future. It will be observed that what factors influence on the attitude of respondents.

Hypothesis

H1-This social media campaign will help to achieve SDG with aspect to health.

H2-The real health and fitness occurring in school children are affected due to social media usage.

Methodology

When it comes to adopt the research methodology, we have to cross examine its impact on two different variables. Furthermore, a quantitative research method applied to observe the impact of digital media communication on children health. A sampling of different children adopted by visiting schools of Karachi different districts. Around 250 students participated to answer the questions. The result shows that usage of digital media gives positive impact when it is not exceeded to 2 hours a day. A Research Design is made in way that cross sampling of Quantitative Research result is used to observe the impact of digital media communication on children health. Qualitative research designs based on activities, ideas, customs, beliefs.

Findings & Discussion

This study shows that the effects of social media on students are negative. Relationship between social media and unethical behavior found positive. Present study also conducted to search the effects of digital media on children. This study shows that, in this era everyone has social media account on Instagram and face book. Usage of digital media cans effects adversely on moral, social, emotional, motor and language development. This study shows that students using digital media result in to various diverse behaviors in academics and overall development. Results show that children who spend time on digital technologies suffer various problems. Their life satisfaction

becomes less. The results of this work prove that students who tend to spent major time on digital media likely to suffer in the personal deployment. Present study is conducted on children to find the impacts of digital media on health, reviewing different articles proves that digital media effects children overall development and wellbeing.



Results reveal that majority of people like to eat while watching TV. Study also clears that eating preference based on advertisements. Most of the consumption of food is fast food and because of this BMI level is also disturbed. Low inactivity is also the cause of misbalance BMI. This study shows that engaging in social media result into various mental disorders. Present study is also conducted on children's to find the impacts of digital media on health. Different articles prove that digital media affects children strongly; advertisements make us attractive towards foods. Junk food advertisements are also eye catchy for everyone. Unhealthy consumption also results into various physical and mental disorders. Anxiety, sleep deprivation, nervousness and hypertension are also the result of using digital media highly. Study shows that involving in social media sites result into both negative and positive experiences and behaviors. This study reveals that media provide various benefits of intellectual and emotional development with various risks in functional and societal development too. This study shows that social media provides benefits as well as harm to young children. Children physical and psychological health and development also get affected. This research shows that social media is used for health promotion campaigns, and also enhanced healthy lifestyle. This study is produce to find the digital media impacts on children health. Researches shows that digital media effects children both rightly and wrongly. It also depends on how you use the technologies for what purposes. Using digital media for studies can result in to good academics achievements. On the other side using these technologies for gaming and socializing can also result into negative personality.

Conclusion

It's important that social workers, parents, teachers, and individuals in general are being introspective as to how we and those around us, children in particular, may be affected by the use of social media. Online life interest likewise can offer young people further advantages that reach out into their perspective on self, network, and the world, including open doors for network commitment through fund-raising for a noble cause and chipping in for nearby occasions, including political and generous occasions and development of thoughts from the formation of websites, digital recordings, recordings, and gaming locales. There is impressive proof that more significant levels of screen time is related with an assortment of wellbeing hurts, undesirable For sway on other wellbeing results is to a great extent powerless. Guardians and schools ought to urge their youngsters to build the physical action, social support and not to depend on ads for purchasing food items for the better way of life. Media companies should fund and distribute ongoing campaigns to educate consumers about both the negative and positive uses of media, and to encourage kids to limit the time they spend in front of a screen. Extreme screen use is related with negative physical, mental and social wellbeing attributes just as learning and conduct burdens for kids and young people, while time outside and in contact with nature underpins wellbeing and prosperity. Programming choices ought to be made with potential results to the review crowd remember. At the point when savagery is Present, there ought to be sufficient admonitions like requirement for parental direction made Physicians should make guardians and schools media educated.

Recommendations:

In order to make positive use of digital communication it is needed that use of internet should be restricted to limited websites and apps. As children mental age grows simultaneously with their physical growth therefore positive mental approach is needed. Psychiatrist says that aggressive behavior of student can be controlled by controlling social media usage. It is therefore recommended to check and balance the internet usage. The proper nutrition (diet) and exercise will only give fruitful result if it is not affected by excessive rays of smart phones. The usage not only leads towards insomnia but also make children lethargic and less interested to study. One more recommendation is to build specific apps for student which not only fill their thirst of using internet but also help them in grooming their skills and personality. This can be done using student centered approached of learning theory where curriculum is designed keeping in view the interest of students and not the teachers. Also, it is among the duty of parent to control the usage of digital media among their children. With proper usage digital media student can get better performance not just academically but also mentally.

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