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Social Media

Social media is becoming a big thing between adolescents and adults. There are many articles and news story about the negative effects of social media. Social media websites like Facebook, Instagram, and Snapchat are used to communicate with friends and loved ones that we know. It also helps students explore their interests with people who have the same interest as them. The article “Is Social Media Driving People Away From Real Interaction?” By Righ Knight and the infographic title ‘Teenagers on Social Media: Socialization and Self-Esteem’ by Clive Anderson Jr., Eknoor Johar, and Jocelyn C. Key discuss the unfavorable or pessimistic effects social networks have on its users. These networks do not help with social anxiety, they can cause envy, and can even lead to cyber bullying.

First and foremost, these online communication systems do not help with social anxiety. Social anxiety is atrocious alone, but social media can worsen this anxiety. As reported by the author of the article, “Is Social Media Driving People Away From Real Interaction?” he says, “While evidence for social media anxiety disorder is largely anecdotal at present, a UK study from the fall found that over 50% of social media users evaluated their participation in social networking as having an overall negative effect...” This shows that social media has different results for everyone, but for fifty percent of the people surveyed, they have had a negative effect. Knight also states that social networking also “...singled out the blow to their self - esteem that comes from comparing themselves to peers on Facebook and Twitter as the biggest downfall. It seems trite, but you can’t feel anxious about the achievements of your old college roommate...” Comparing themselves to peers or their friends may

lower someone's self esteem or make them feel anxious about their own life. Overall, social media does not help with social anxiety, but in fact worsens it, causing your self esteem to plummet or fall.

From here and on, social media can lead to cyberbullying. Cyberbullying is a big thing that happens on a daily basis online, from Instagram dms to a tweet or even a Facebook wall post. The creator of the infographic states that "the use of social media leads to cyberbullying which leads to depression." Tyler Clementi is a well-known story about an 18-year-old boy who jumped to his death from the George Washington Bridge on September 22, 2010 after a sexual encounter with a man in his dorm room was streamed over the internet without him knowing by two first-year students Dharun Ravi and Molly Wei. In the same infographic, it states. "19% of youth between the age of 10 and 17 had experienced cyber bullying either as a victim or offender." Cyberbullying, as known, can lead to sadness and depression, which causes the victim to harm themselves in some way or have suicidal thoughts because of such negative comments told to them online. Some may argue that social media is *not* harmful and actually helps with the development of social interaction and help with social anxiety. According to the same infographic, it shows that social media "gives freedom to express oneself" and that it helps "...individuals interact with their sexual preference." I do have to say that it does let you express yourself and help you interact with your sexual preference but, social network has its own downsides. Therefore, social media can lead to cyberbullying, which is one of the causes of depression in peers.

As expressed, social media has pessimistic or unfavorable effects in its users. It does not help with social anxiety, causes envy, and can lead to cyberbully, depression and suicidal thoughts. It is important for people to be aware of the damage social media can have on someone.

Further more, social media can lead to envy of a user's friend or followers. Envy is like jealousy, wanting something you cannot have. According to Knight, he states that social scientists "...surveyed 584 users of Facebook aged mostly in their twenties. They found that the most common emotion aroused by using Facebook is envy." Envy usually happens when a Facebook user sees a friend have something they desire or want, like a new car or something related to that. Knight also states these Facebook users are 'Endlessly comparing themselves with peers who have doctored their photographs, amplified their achievements and plagiarized their 'bon-mots' can leave Facebook users more than a little green-eyed." Social media can cause jealousy or envy between people who compare themselves or their lives to other people, making themselves unsatisfied with their own life or belongings,. Thus, social media can lead to envy, which can lead to the downfall of someone's self esteem or happiness of this person.