Cuellar

The Trend of Social Media Usage on the Minds of the Youth and Adolescents

A literature review

Introduction

Through the past decade social media has really taken off and become one of the most popular things to take trend and continue to be the trend. Social media is accessible to anyone and everyone that has a computer, phone, or tablet. Once one finds themselves on a social media platform, they can access anything and everything they could think of with the touch of a finger. This can be damaging to ones self-confidence and self-perception though. The people that think they are doing good now see others "doing better", the ones who had questionable confidence with their physical appearance or even their financial status now find themselves comparing to the others they find on social media, and the domino effect continues. In this literature review, the seven articles chosen help prove and support the statements throughout the paper, the paper summarizes the seven articles read to the best ability.

The pre-teen into becoming a teenager stage is probably one of the most influential stages in ones life. In an article written by Child Mind Institute it states, "The survey results found that Snapchat, Facebook, Twitter and Instagram all led to increased feelings of depression, anxiety, poor body image and loneliness." These feelings can be harmful to the youth and younger generation because this time in their life is already so fragile and influential, adding the layer of social media and all it's factors can only worsen and add negatively to that time period. During this time is when someone starts to really become a man or woman, they physically change with weight gain in certain areas, hair growth in certain areas, voices change, etc. During people's first hormonal growth stage females become more developed physically, males grow physically also, but in both genders as well this is when their hormones really start. Females start to like males and vise versa, People develop faster than others so jealousy starts, females start to get their periods so the mood swings start happening more often, males voices start to get deeper,

Cuellar

and other things on top of those happen as well. On top of all this though is when this age of

people start junior high, both genders start having crushes on others, and they start to dive into

their next stage of life where everything is not so rosy as it was before. People that were once

friends are not friends anymore, like stated previously jealousy starts around this age, people

start to compare themselves to others, and when they do this they start to question their own self

confidence. Someone questioning their self confidence making it go down can carry into the next

stage of life being the teenage into young adult stage. Most people if not everyone compares

themselves to someone at least once in their life. Today especially, with social media, it does not

help this situation in the slightest, in fact it makes it worse.

With social media the way it is now-a-days, anything and everything is accessible at the

touch of a finger. Any picture of the latest Kardasian, body changing apps, products to

change/enhance ones body, and more. All of this stuff the youth looks at today is feeding their

body image and self confidence negativity. What this is doing to the people involved, is it is

feeding their brain lies as to what the "perfect" body is, feeding their brain what needs to be

changed, or enhanced on themself, what is not good with their body, and more. About ten years

age when social media really started to take off is when these issues started becoming more

popular. Slowly social media started gaining buzz and everyone hoped on the bandwagon and

became apart of social media. Celebrities all had social media, people of the government, and

more, everyone had it. Pictures are easier to access which creates more problems personally for

the everyday average person.

During this developmental age/time body image and self confidence are drastically

affected. Young girls get on social media and start seeing these celebrities they look up to. They

start to follow their lifestyle, they start to see what they do on a daily basis to look so good; they

might even start dieting and change what they eat to align with what their favorite celebrity eats. Celebrities have a say and influence so much of what is said now-a-days. There are positives and negatives to this topic. Some positives to this social media topic and the effect it has on the youth/young adults is: it could introduce a new idea to someone to be successful or positive in their life, it could influence someone who is going on a wrong path to turn to a good one, or it could give good habits to someone to take and incorporate into their life. Personally I feel like the negative outcomes of this topic outweighs the positive ones. Some negative outcomes of this social media topic is the comparison of the normal persons everyday routines vs the celebrity they are looking at, celebrities setting unrealistic expectations through body image, financially, or socially, or one realizing the difference in their life compared to the celebrity then becoming envious or jealous of what he or she doesn't have.

On the other side of things social media has built a wedge between the communication of the younger generation. Social media and technology in general has limited the communication skills with the younger generation, whereas before all of the social media and technology people would talk face-to-face or call each other on a phone, now-a-days a simple text or liking a picture speaks volumes, with no words even being said. In an article written by W. Akram and R. Kumar it states, "This decreases their relational abilities. They won't have the capacity to convey and mingle adequately face to face with others. The businesses are getting increasingly unsatisfied with the relational abilities of the new graduates because of this reason." Social media does not only just disintegrate ones self-image confidence, and make them question their habits when seeing what others are doing, but yet it effects other aspects of their lives as well.

In the article "A Study on Positive and Negative Effects of Social Media on Society". Through the article it stated both the positive and negative attributes of social media. This article

went into the most popular social media cites: Tumblr, Snapchat, Instagram, Twitter, etc. Explained what they are and different research done on each, with explanations. After explaining the most popular social media cites, the article transitions into the positive and negative impact of social media on business, health, and youth and teen development. I personally enjoyed reding this article because it was so well organized, well explained, and just overall full of very useful information.

The article written by Santa Clara University states that social media influences the youth in a few major ways. "First, social media fosters a false sense of online "connections" and superficial friendships leading to emotional and psychological problems. The Second harm of social media is that it can become easily addictive taking away family and personal time as well as diminish interpersonal skills, leading to antisocial behavior. Lastly, social media has become a tool for criminals, predators and terrorists enabling them to commit illegal acts. And the third analysis will consist of showing the link between the psychological problems caused by social media and criminal activities committed." Just like stated in the previous paragraph connections are lost because of technology and social media interfering with the development of the youth. Not only does social media effect people personally and communication wise, but it can also effect relationships with friends and family. Although all of these different points brought up are accurate and valid, there is a whole other side to this topic of social media and the effect on the youth and younger generation.

Catfishing and Cyber-bullying

When someone finds something that they find they do not favor about them self, that turns into an insecurity, which then can possibly stem into a bigger issue with self confidence or body image eventually. "catfishing" is such a common tactic today. Dating websites can

influence others to want to change things about themselves, pushing them to creating a almost "fake identity' of themselves for others to hopefully like. Driving them to possibly even completely pretending to be someone else. Finding someone else's picture on a social media website, posting it as themselves, and basically 'becoming' that person in a common this in todays world. The youth has got ahold of this and knows how easy 'catfishing' is to do. Others see this and believe it, making them then create a fake scenario in their mind making this lie get into their head and cause their self-image to then go down. Not only an this effect another person, but yet the person doing the catfish n be greatly effected by this act. In the article "The Impact of Social Media on Society," it has a story about a thirteen-year old who hung herself because she was cyber-bullied (bullying that is done via the internet) by another person. The account was created by her neighbor who was pretending to be someone else, bullied her into committing suicide. A lot of the youth is so attached to social media it is unhealthy for them mentally. Social media can cause them to not know how to control, express, or handle their emotions they feel. In this certain situation that is exactly what happened.

Through my personal experience, this type of situation happened to me. In eighth grade (2013, when social media was just getting started) a rumor started being spread on social media. It was an awful rumor, but everything felt so real to me. It made me really start analyzing every aspect of my life. Where eventually I tried to take my own life in my bathtub. Everything felt as if it would never stop and never get better and I did not know how to reach out for help, so it felt as if I was in a never-ending hole with no out. Seeing the way things have been playing out, it is now a federal crime to cyber-bully. "The link between online bullying and suicide, especially among young people, has come to the attention of the authorities. Exchanging hostile messages

on the Internet is now treated as a crime… Several nations have now passed laws against cyber

bullying in order to protect bully victims." (Santa Clara University)

<div align="center">Screen time</div>

There are so many victims that fall into the trap of 'social media' by victims I am

meaning they fall into the trend and what is popular involving social media. In the article by

Ashavidya Kusuma, in the first page it shas a fact that a persons personality and mood changed

negatively after ten minutes being spend scrolling on Facebook. "In a randomized examine,

girl individuals suggested greater bad temper after simply 10 mins of Perusing their

Facebook profile in contrast to those who have visited the personality-neutral website

exploitation." The amount of people who have an unknown screen time, would be shocked to

look and see their daily average of phone usage, and to what apps they use the most. This

random subject of a girl who was examined after only ten minutes of scrolling had a significant

increase in a bad mood, imagine what is being done to our minds when we scroll for more than

these ten minutes. Hourly, daily, weekly, monthly, etc. All of this adds up, and it is not good on

our mental health with our own image. On my phone my personal screen time ranges from three

hours-seven hours depending on my day at work. Is this all just social media usage? No, but a

good majority is.[i]

Throughout the day as well, scrolling through social media can have different effects on

the mind. In the morning when one first wakes up their minds are fresh and if they grab their

phone and get onto one of the medias, instantly their mood can decrease, and in most cases it

does. During the day often times we get onto social media when we are bored and have little to

do. So instead of fulfilling our minds with stuff to help us grow and become better, we settle for

a quick dose of dopamine, which in the long run will actually negatively effect us. Lastly at night

when we are aimlessly scrolling through social media we go to bed thinking about what we could

be, what we could do, how we could be, etc. It is not healthy for our mentals to be fed this right

before our sleeping time.

Conclusion

Social media sprung up about a decade ago and it has not stopped flourishing. Us being

the humans we are, seek validation from anywhere, so of course we quickly fell into the trap of

social media and have built it up to be almost one of the most important things today. A simple

like, comment, share, retweet, can do so much for us, right? In short term we get that quick fix of

happiness, but yet in the long term it is doing more harm than good. Everyday we have a choice

to stop social media and all the bad that comes along with it, but yet it is so addicting to us, we

can't. The generations that are currently the youth are so molded into their electronics, it is what

they have to rely on. Parents push tablets and YouTube onto their little ones and constantly

stimulate them negatively, to allow them to grow into the trend of social media, just like

everyone else. The comparisons, the jealous, the envy going on is not healthy. People take their

own lives, are bullies, have self-confidence and body image issues, etc, all for what? A quick fix

of short term happiness, that goes away. The younger generations into adulthood and so used to

getting everything instantly, instant satisfaction, that they do not care about the future sign

effects of it. We base how we feel off of what is going on in our social media, and it is not

healthy. Our kids, younger generations, and young adults in a few years will see these negative

outcomes of what they are doing, if something is not done.

[i] Screen time can be found in setting on the iPhone. Select screentime and dive into where you spend most of your time on the phone

Work Cited

(PDF) impact of social media on youth - researchgate. (n.d.). Retrieved March 22, 2022, from https://www.researchgate.net/publication/347437746_Impact_of_Social_Media_on_Youth

Amedie, J. (n.d.). *The impact of social media on Society*. Scholar Commons. Retrieved March 21, 2022, from https://scholarcommons.scu.edu/engl_176/2/

Elsayed, W. (2021, February 21). *The negative effects of social media on the social identity of adolescents from the perspective of Social Work*. Heliyon. Retrieved March 21, 2022, from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7905185/

How using social media affects teenagers. Child Mind Institute. (2022, March 1). Retrieved March 21, 2022, from https://childmind.org/article/how-using-social-media-affects-teenagers/

The impact of social media on society - Santa Clara University. (n.d.). Retrieved March 22, 2022, from https://scholarcommons.scu.edu/cgi/viewcontent.cgi?article=1002&context=engl_176

Nesi, J. (2020, March 1). *The impact of social media on Youth Mental Health*. North Carolina Medical Journal. Retrieved March 21, 2022, from https://www.ncmedicaljournal.com/content/81/2/116

A study on positive and society - researchgate. (n.d.). Retrieved March 22, 2022, from https://www.researchgate.net/profile/Waseem-Akram-19/publication/323903323_A_Study_on_Positive_and_Negative_Effects_of_Social_Media_on_Society/links/5ab1c064a6fdcc1bc0bfefef/A-Study-on-Positive-and-Negative-Effects-of-Social-Media-on-Society.pdf