

Teenagers on Social Media: Socialization and Self-Esteem

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Research Question

How does social media have a negative effect on the self-esteem of teenagers? [6]



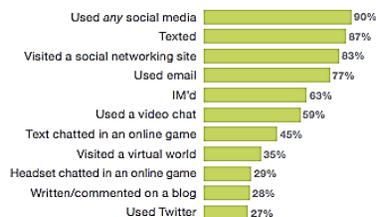
Introduction

This poster discusses the relationship between social media and the positive and negative impacts on the self-esteem of a teenager. A person with an interactionist perspective would say that these negative impacts are not the results of social media itself; rather they are the result of the interactions that people make while on these social media sites.

Background

The use of social media in modern-day youth is an ever-growing phenomenon, resulting in interest to want to discover the impact and grasp social media has on the youth. Others have researched a similar question through questionnaires that asked about the amount of time teenagers were on social networking sites and how it affected their self-esteem [4]. Questionnaires were also used to determine how cyberbullying on social networking sites affected teenagers [1].

Use of Social and Digital Communications
Among all 13- to 17-year-olds, percent who have ever:



Note: Social media includes social networking, Twitter, blogs, and chatting in online games or virtual worlds. [6]

Materials & Proposed Methods

Materials

- ❖ Internet.
- ❖ A group of teenagers (15-24).
- ❖ Surveys with questions relating to perceptions of social media.

Methods

- ❖ Conduct anonymous surveys.
- ❖ Ask questions related to the feelings of happiness and sadness due to the use of social media.
- ❖ Discover how many teens use social media.

Findings

Negative Impacts

- ❖ The use of social media leads to cyberbullying, which leads to depression, thoughts of suicide, and sadness. [1]
- ❖ "19% of youth between the ages of 10 and 17 had experienced cyberbullying either as a victim or offender." [1]
- ❖ 17% of teenagers experienced cyberbullying over the span of a lifetime. [1]
- ❖ 5.7% of teenagers felt afraid to go to their computer. [1]
- ❖ Leads to suicide, which is the third leading cause of death among young people ages 15-24. [3]



[6]

Positive Impacts

- ❖ Helps those with social anxiety.[2]
- ❖ Gives freedom to express oneself.[4]
- ❖ Helps individuals interact with their sexual preference.[2]



[6]

Conclusions

There are more negative impacts of social media on the self-esteem of teenagers than there are positive impacts. This is due to the ability to speak without visual confirmation, thus giving an individual ability to cause havoc without remorse and therefore contradicting the age-old phrase, "Stick and stones may break my bones, but words will never hurt me."



[6]

References

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2. Donchi, L. (2003). Young people and the Internet. *Australian Journal Of Psychology*, 554.
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6. See handout