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Socially Unsocial

People all across the globe use the internet and social media platforms day in, day out, but can these ideas take away from people and negatively affect them? The articles, “Antisocial Networking” written by Hilary Scout (Resource B), “Is Social Media Driving People Away From Real Interaction” written by Righ Knight (Resource D), and the infographic, “Teenagers on Social Media: Socialization and Self-Esteem” written by Clive Anderson Jr., Eknor Johar, and Jocelyn C. Key (Resource F), all claim and discuss the effects and usage of social media. Social media is widely popular with people aging from youthful children to expiring elders. Social media are websites or applications for people to communicate and share ideas. Parents, adults, and psychologist believe that using these social media can affect the people who use it, in both negative or positive ways. Social media mostly affects people in negative ways, through three important reasons: cyberbullying, attacking and lowering self-esteem, and making people have a hard time socially interacting in real life.

To begin with, the first reason how social media affects people is through cyber bullying. Kids and teens can be bullied online through social media, causing them serious issues that can negatively impact them and their families. An example of this can be demonstrated in resource F where the author claims, “The use of social media leads to cyberbullying, which leads to depression, thoughts of suicide, and sadness.” This demonstrates that the embarrassing, rude, and vulgar words used constantly to harass and bully innocent people on the internet influences

people to inflict damage upon themselves, mentally, correlating to physical pain. Many cruel incidents also happen as a result of cyberbullying, such as the infamous Amanda Todd incident and her unfortunate death, was a result of poor treatment and cyberbullying on the internet. Another example that exhibits cyberbullying is shown on resource F when the author declares, “17% of teenagers experienced cyber bullying either as a victim or offender. 5.7% felt afraid to go to their computer.” This displays that the amount of usage on social media causes a wide population of people to eventually come face to face with the situation, some willingly and some unwillingly. Numerous kids feel as if they are in danger and refuse to access their electronic device, since cyberbullies frequently bully people, believing they are safe behind the glass screen. Social media allows cyber bullies or trolls to manifest throughout the internet, looking for people to bring harm to, which proves that social media negatively affects people.

Pursuing this further, another reason how social media affects people is through attacking and lowering their self-esteem. Self esteem is how one may think of itself, such as when a person sees something that they don't have but someone else does, they tend to feel envy, jealousy, or become discouraged when using social platforms on the internet. One example of the topic can be identified where the author reports on resource D, “They found that the most common emotion aroused by facebook is envy.” This can appear when a person brags over what they own, such as wealth or beauty, which can impact a person, making someone else sense as if they don't match or can't compare to what they own, lowering their self esteem. This correlates to how some men or women wish to have an ideal body, which can be posted online, such as facebook, and when they see that they can't be like someone else, they lower and attack their self esteem. As stated in the text on resource D, the author illustrates the point of lowering

self-esteem when he states, “Specifically, they signed out the blow to their self-esteem that comes from comparing themselves to peers.” When people begin to compare themselves with peers or other people on the internet, it can make someone feel that they aren't good enough, resulting in later depression, which can harm someone. An example of this can be through art posted on social media, when someone experiences someone better than themselves, they begin to feel discouraged or even decide to quit the subject, ultimately lowering their own self-esteem. Social media can influence how one may think of themselves when they scroll through social media, comparing themselves, and envying other people, which can lower self-esteem and lead to negative impacts on a person.

Lastly, the final reason why social media can negatively impact people, is making people have a difficult time socially interacting. Adults and psychologist believe that the extreme usage of social media on electronic devices can lead to to the person having a difficult time interacting face to face with other humans outside the internet, such as going out with friends. For instance, on resource D, the author suggests, “(In other words, those who rely on social media for social and cultural stimulation) find it hard it increasingly difficult to not only socialize in situations where where it is called for, but they are generally more depressed and anxious in actual social situations.” This portrays the idea of negatively impacting someone because when someone cannot communicate, in face to face, they can miss out on a lot, since they have gained more experience socializing on the internet. For example if a person had to socialize with someone about an essential idea or topic, such as speaking up for themselves, or asking a teacher for help, the person would lack the confidence to say anything, because of the excessive use on the internet with social media, which can negatively affect them. The author touches upon the topic

when she states in resource B, “Even though young digital natives are very good with the tech skills, they are weak with face-to-face human contact skills.” This demonstrates that since kids and or teen use a lot of their day on social media, they gain more confidence in communicating online, as they have adapted to the certain kind of communication, and because of this, they don’t have much experience being able to talk to people outside of the electronic devices, which ultimately leads to them not have much good interaction skills with other human in real life, away from the pixelated screen. For example, some groups of friends would rather talk in a group chat or facetime, instead of going outside to see and interacting with them. Although, some may argue that social media may have a positive impact on people, for example, expressing oneself through art or a photograph. However, this can result in a cyber bully, harassing someone about their art and making fun of how something may look in the photograph, which may lead to a depression or low self-esteem, a negative impact. Having a difficult time communicating and socializing during an interaction in real life, because of the excessive use of social media, is a negative effect that can impact the lives of human in such ways as not being able to speak up for themselves, which can later lead to something worse, which proves why it is such a negative impact caused by social media.

To wrap it all up, social media can impact and cause negative impacts on many different people, and all of society. Social media can negatively affect people through three important reasons: cyberbullying, attacking and lowering self-esteem, and making people have a hard time socially interacting in real life. Addressing the negative effects of social media is important to bring awareness for the dangers and risks that the kids or teens or committing when joining these websites, families who have family members or friends that use social media, who could be going

through tough times, so that they can help and prevent these ideas from happening. It is important to acknowledge the struggles that some people face to young in life, such as depression or even death, only because they were using their favorite social network. The deaths and lonely lives that some kids or teens face because of how they were treated online is unacceptable, which are reasons children at young age should stay off social media, as they may have negative impacts previously stated. The pure work and enjoyment some face on social media platforms, may be the complete opposite for other who constantly have negative impacts on their lives while using social media, proving its negative effects.