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## Negative Effects of Social Media

In today's time social media has taken for the lives of over 2 billion people. Most of whom rely on social media to communicate with loved ones that are too far to speak with face-to-face, meet people who have the same interest as they do, or most unfortunate, prey on users and inflict negative comments on them. In the article called, "Antisocial Networking?", also known as Resource B, by Hilary Stout, declares that social media negatively effects teenagers, Resource D, an article called, "Is Social Media Driving People Away from Real Interaction?", by Righ Knight, and Resource F, an infographic called, "Teenagers on Social Media: Socialization and Self-Esteem", by Clive Anderson Jr., Eknor Johar, Jocelyn C. Key, agree. Social media, today is the most popular and used network, yet many of the authors and researchers of the infographic and articles researched social media and the effects it has on its users. Some conclude that social media negatively affects us while others feel it positively affects us. Social media negatively affects people because it makes users become a victim of cyberbullying, blocks communicational relationships outside social media, and it starts to make users feel envious and other negative feelings towards other users.

First and foremost, as a result of cyberbullying, social media creates a negative effect on teenagers. When users first start going on social media, they are very excited and eager because it is a new a way for them to communicate with friends and have fun. After a while, the user has

photos of themselves and of the things they like to do on their social media page. Cyberbullies may end up lurking on the page of the user and start to bully the user, the once excited and happy user. Like this quote from Resource F shows, "The use of social media leads to cyberbullying which leads to depression, thoughts of suicide and sadness." What this quote means is those people who use social media a lot, along the way, the unlucky ones of the group of people, encounter cyberbullying. They will not know how to handle the situation or the feelings that come from it, and most of all they will be confused as to why the bully targeted them and what the user did to deserve it. In extreme cases, these feelings may bring out the worst of the innocent user. The worst may be that the user starts to harm themselves and wish not to exist in the world they deserve to be happy in. In Resource F, one quote states, "5.7% of teenagers felt afraid to go to their computer." The quote demonstrates that the bullying the user receives may become so severe that the person doesn't have the courage to do a simple task which is to open their computer. The usage of social media dragged users into the pool where cyber bullies pick their victims and made the user become a victim of cyberbullying. Therefore, social media impacts teens in a negative way.

Shifting to a different topic other than cyberbullying, social media negatively affects teens because it interrupts communication with people from the outside world. What I mean is that face-to-face interactions get reduced by users and their habits of communicating with people through a screen grow larger. Teens lose interest in hanging with friends and having face-to-face time. They get attracted to connecting with friends with their smartphones and other technologies. Just like this quote, written in article by Hilary Stouts proves, "... or hanging out with pals in the neighborhood vanished long ago." This quote shows that in today's time, many

teens would rather communicate with others through a screen and a typing keyboard than actually seeing the face of their friends and hearing them talk. When my mom wanted to talk with her friends they would physically meet up and hang out and interact with each other face-to-face not face-to-screen, unlike most teens today. In Resource B, it states, "... give and take of friendship seem to be conducted increasingly in the abbreviated snatch of cell phone texts and instant messaging..." The quote shows how relationships with others today, revolve around messaging and the messaging that social media sites provided such as direct messaging from Instagram. That is true. My cousin and her friends are always snapchatting, that is how they communicate the only physical interaction they receive from each other is during school. Their maximum streak on Snapchat is close to 90 days. Which means that they snapchatted each other for 90 days straight. Communicating more online than physical communication negatively affects teens because it gets them used to talking to their friends directly through a screen which will drive their attention away from physically communicating with one another.

Moreover, social media negatively impacts teens because it makes users start to feel envious of other users. After a while, the excitement of being on social media for the first time wears off and other emotion kicks in: envy. They envy those users who have more or have things that the user wants but is not able to get them. The user's self-esteem lowers because they feel ashamed of not having those thing and also because they want those things and they know that somebody else has them. If the situation get severe, the user may start to feel depressed. They not only feel envy they also feel other negative feelings. As shown in this quote from Resource D, "... called for, but they are generally more depressed and anxious in actual social situations." What this quote is trying to explain is that when an online user is communicating online they might not

feel as anxious and depressed as would in face-to-face situations. The reason being would be that the user is not used to talking with a person face-to-face, they feel more secure speaking with somebody without looking at their face rather looking at a lit up screen. That is not good because it limits the person from ever having a pleasant and laughable conversation with somebody face-to-face. In Resource D, one quote states, "... found emotion aroused by using Facebook is envy." This quote demonstrates how social media triggers envy throughout its users. While on social media a user may start to "stalk" other users on social media. The user comes across some pages that look interesting so they click on those pages. The user starts to scroll through another user's page and start to see all the things that that person does or has. The stalking user begins to envy the person and all the things it has compared to them. The user begins to compare the things they have and grows envious on how much more the other user has. This is a way that social media negatively affects teens. While social media negatively affects teens it also affects teens in positive ways. One reason would be that it helps teens express who they really are which helps them find and communicate with others who share the same interests. And while this is true, above all, social media impacts teens negatively.

Ultimately, the usage of social media affects teens negatively considering that it gets teens used to the horrible habit of interacting with friends through a screen rather than face-to-face .diminishing the full experience of communicating with friends where you get to hear the laughter of friends and see them smile. Social media does not have a positive impact on teens because it makes users become victims of cyberbullying, weakens communicational relationships outside the social media world, and it starts to make users feel envious towards other users. Social media takes the attraction of teens to physical interaction with friends away.

Teens get caught up with social media ,meaning that they are so interested to see what friends or celebrities post about their lives that they do not take the time to physically interact with friends. Online, it is much easier for a bully to target an innocent user. As a result of all of this, social media negatively impacts teens.