Social Media can be a great tool. It can help us stay connected with family, make new friends, and share the exciting news in our lives. When one thinks of the social media, one is thought of as a positive thing. Social media has given us a way to keep in touch with family and friends around the world, share our exciting news with friends and family, and read up on news that those around us found noteworthy, all at the click of a button.

Social media can also have some adverse effects, however. It has been shown that those who use Facebook excessively saw a detriment in their academic performance, professional life, and interpersonal relationships (Banyai et al., 2017). While the full effect of social media on our mental health has not yet been determined, research has found that social media lowers self-esteem in both men and women, and social media can sometimes lead to eating disorders or other illnesses such as anxiety and depression. Many people are not aware of this issue, so it is essential to bring it into the light and start a conversation.

As we begin this conversation, it is essential to remember that social media can have a positive effect on people. According to Velozo (2018), social media can have benefits, including, increased quality in friendships, and an increased sense of bonding. These are things that would undoubtedly have a positive impact on our mental health. Essentially, the question remains, does social media have a negative or positive impact on our mental health overall? One way in which social media use has positively impacted mental health is by making information and resources regarding mental illness and health more easily accessible. Social media also created a more natural way to access support groups due to it being anonymous, being accessible twenty-four/seven, and it having no geographic limitations (Press and Cons of Social Media and Internet Addiction). For people struggling with any illness that impacts their emotional well-being, having an outlet to talk about it with others going through a similar issue has been proven helpful. However, physical and mental illnesses sometimes come with a stigma that stops people from seeking help. Social media platforms make that stigma a moot point.

With all of this research pointing towards social media use helping instead of harming our mental health, it would be easy to close the argument here and go about life thinking that there is no negative impact being done as our society idly scrolls through Facebook and Twitter, but that would be naive. There are a myriad of ways that social media can have a negative impact on people. One of the most well understood adverse effects that social media usage causes is cyber-bullying. While social media gives a chance for a person to seek help and gain support anonymously, it can also give people a chance to bully others anonymously. This bullying can cause psychosocial distress, which can then affect their peer relationships, family life, and interactions with others (Hong et al., 2016). Another way that social media harms our mental well-being is through the ever-growing, ever-popular “dissemination” that occurs on newsfeeds. Disguised as healthy inspiration for weight loss and working out, these “dissemination” posts often display unhealthy themes. These posts often glamorize an image of the “fitspiration” posts often display unhealthy themes. These posts often glamourize an image of the ideal body type—instead of real health (Raggat et al., 2018). It promotes the idea that these body types are the only ones that are worthy and have been found to drive people to unhealthy and obsessive dieting. Another way that social media has a negative effect on people is that it can be highly addictive. As anyone who has ever played an online game or found themselves months deep in Buzzfeed articles can tell you, the internet is highly addictive. As with anything with highly addictive qualities, it can be abused. Internet addiction looks similar to other addictions in the fact that it can cause psychological as well as physiological dependence, tolerance, and withdrawal symptoms. It is also accompanied by psychological, family, and social stress (You, Cho, & Cha, 2014).

In conclusion, the growth of social media has caused men and women to feel more insecure about their appearance. We should be more concerned for the generation that is growing up with social media and these images during their crucial times of development. We hypothesize that this younger generation may develop with lower self-esteem. We should be more concerned for the generation that is growing up with social media and these images during their crucial times of development.

Null-Hypothesis 1: When a young adult uses social media frequently, they will report low self-esteem levels.
Null-Hypothesis 2: When a young adult does not use social media frequently, they will report higher self-esteem levels.

We hypothesize that this younger generation may develop with lower self-esteem. This is why it is essential to be aware of this issue and what social media has done to our self-esteem and how we perceive ourselves.