

2023

The Impact Of Social Media On Adolescents

Victoria Phung
Dominican University of California

<https://doi.org/10.33015/dominican.edu/2023.NURS.RP.10>

Survey: Let us know how this paper benefits you.

Recommended Citation

Phung, Victoria, "The Impact Of Social Media On Adolescents" (2023). *Nursing | Student Research Posters*. 21.
<https://doi.org/10.33015/dominican.edu/2023.NURS.RP.10>

This Book is brought to you for free and open access by the Department of Nursing at Dominican Scholar. It has been accepted for inclusion in Nursing | Student Research Posters by an authorized administrator of Dominican Scholar. For more information, please contact michael.pujals@dominican.edu.



Abstract

Numerous individuals utilize social media to post about their life online, create connections with others, and create content. Adolescents, ages 11 to 18, are going through a substantial period of development and growth and are easily influenced by the things and people surrounding them. Because of this, adolescents can have both negative and positive experiences and feelings toward social media. It can cause adolescents to frequently compare themselves to the individuals they follow online; however, it can also be used for self-expression.

The purpose of this paper is to discover how social media can influence adolescents both negatively and positively. After reviewing six primary articles, the negative effects heavily outweigh the positive; moreover, a future study using a prospective, mixed-method design is proposed to find interventions that can be implemented to make using social media a more positive experience for everybody.

Background

Social media has become part of our day-to-day routine, with billions of people using platforms such as Instagram, Twitter, YouTube, and TikTok daily. From connecting with friends and family to consuming news and entertainment, social media offers users a unique set of features and elements to engage with one another. While social media can have many positive effects, such as enabling communication, it also introduces a variety of challenges, such as the spread of misinformation, the impact on mental health, and the decline of privacy (Bozzola et al., 2022). As social media continues to develop and evolve, its role on society will continue to be an ongoing controversy.

Adolescents, ages 11 through 18, go through a period of significant developmental changes marked by physical, cognitive, and social growth. Physically, adolescents undergo rapid growth and shifts in their bodies, including the onset of puberty and the maturation of sexual organs. Cognitively, they alter the way they think and process information, such as the ability to process complex concepts and have an increased intellectual curiosity. Socially, they develop a more powerful sense of individuality and autonomy and are more likely to relate to peers than family (Linnard-Palmer, 2019).

Research Question

How does social media both negatively and positively impact the development of adolescents?

Literature Review

Category 1: Negative Impacts of Social Media on the Development of Adolescents

The articles that fall under the classification of Negative Impacts all examine how using social media can cause adolescents to compare themselves to others online, participate in risky behaviors, such as substance abuse and sexually-related behaviors, and have lower self-esteem.

Category 2: Positive Impacts of Social Media on the Development of Adolescents

With the articles that fall under the category of Positive Impacts, it reveals how effortless it is to talk to friends who live far away, how social media can be used as a distraction, how positive interactions and interventions lead to positive experiences and outcomes, and how social media can be utilized for self-expression, peer approval, and social support.

Research Proposal

Participants

A total of 800 adolescents, ages 11 to 18, from across the United States will be enrolled in this study. There would be a 100 adolescents from each age group (age 11, age 12, age 13, etc.) with approximately 400 males and 400 females.

Design & Methods

A mixed-methods study is proposed. An online survey will be sent out once a week for 10 weeks to participants.

Procedures

Quantitative questions regarding screen time, emotions after social media use, perceptions of healthy use of social media, and ideas to create more positive outcomes will be asked. Questions include:

- How many hours per day do you use social media?
- Have you had experience with interventions, such as only following friends and family or limiting screen time? (No, not at all; No, not much; Unsure; Yes, Yes, a little; Yes, a lot)

Research Proposal (Continued)

Qualitative questions will be open-ended and invite participants to articulate their feelings. Questions include:

- How do you feel immediately after social media use?
- Overall, was your time on social media this week positive or negative?

Quantitative data will be analyzed using descriptive statistics. Qualitative data will be analyzed using content analysis.

Conclusion

Social media affects the development of adolescents. The literature shows that social media can affect an adolescent both positively and negatively. Overall, the evidence shows that the negative consequences heavily outweigh the positive and are more severe.

With new social media platforms being designed every day, it is important to be up to date with how adolescents interact with social media. Although there are interventions, such as blocking specific apps and restricting screen time, it is challenging to constantly control what adolescents see on social media. It is crucial to instruct adolescents on how to use social media wisely and positively. When doctors and nurses assess their patients, it is important to evaluate how their environment impacts their health.

Next steps will be an interventional study to determine ways to improve adolescents' outcomes. Although we cannot prevent adolescents from using social media, it is crucial to discover a way to make it a positive experience for everybody.

References

- Bozzola, E., Spina, G., Agostiniani, R., Barni, S., Russo, R., et al. (2022). The Use of Social Media in Children and Adolescents: Scoping Review on the Potential Risks. *International Journal of Environmental Research and Public Health*, 19(16), 9960. <https://doi.org/10.3390/ijerph19169960>
- Linnard-Palmer, L. (2019). Chapter 10. In *Pediatric Nursing Care: A Concept-Based Approach: A Concept-Based Approach* (pp. 120–132). essay, Jones & Bartlett Learning.