

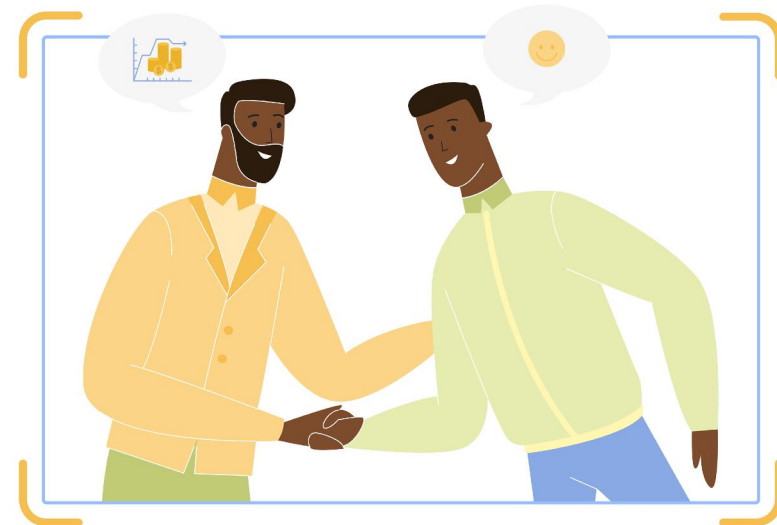


# The Impact of Social Media on Adolescent Development

By: Ehsan Adib Shabahang

# Introduction

- Identity and Self-Esteem
  - Erikson & Piaget
  - Physical Growth & Puberty
  - Friendships & Selman's theory on perspective taking
  - Self-worth & Nature vs nurture
- Social Media
  - Body Image
  - Bullying
  - In Different Cultures
- References and Resources



# Identity & Self-esteem

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- Erikson – Identity vs Role Confusion
    - believed an adolescent's main purpose is to discover her or his social identity
  - Piaget – Formal-Operational Period
    - Use of hypothetical reasoning to experiment with different selves to form identity
- (Kail, R. V., Cavanaugh, J. C., 2019).



## Identity & Self-esteem

- Physical Growth
  - Adolescence more concerned with physical appearance
- Puberty
  - Body hair, development of reproductive organs (breasts, penis, testicles, etc.)
  - Changes affect psychological development (Kail, R. V., Cavanaugh, J. C., 2019).



## Identity & Self-esteem

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- Selman's Stages of Perspective Taking in Adolescence
  - Third-person & Societal – how am I viewed by someone else and then by larger society
- Adolescent Friendships
  - Intimacy added
  - Friends seen more for social & emotional support (Kail, R. V., Cavanaugh, J. C., 2019).



# Identity & Self-esteem

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- Self-worth
  - Distinguished from many different social relationships
- Nature and nurture
  - Heredity
  - Environment – micro and macrosystems
  - Social Media
    - Increased concern about peer rejection because of their body image
    - Peers can enhance internalization of physical appearance standards set by media (Rousseau, A. A. R. b., & Eggermont, S., 2018)



# Social Media & Body Image

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- Adolescence, especially girls are more concerned with overall appearance
- Body Objectification – belief body is there to be looked at
  - ‘normative discontent’ (Perloff, R., 2014).
- Body image and sexualization is derived from parents, peers and the media
  - “Social Media is an important element of the developmental process for youth and young adults as they interact with others and present their forming identities” (Berryman, C., Ferguson, C., J., & Negy, C., 2018).
  - Social Media is main information source where young people derive their image of the ideal body (Williams, R., & Ricciardelli, L., 2014)







# Social Media & Body Image

- Internet
- Social media sites including but not limited to:
  - Facebook
  - Instagram
  - Twitter
  - Tumblr
  - Pinterest
  - Snapchat

*Provide instantaneous communication including texts & pictures over an excess of hand-held devices, are interactive and readily available 24/7*





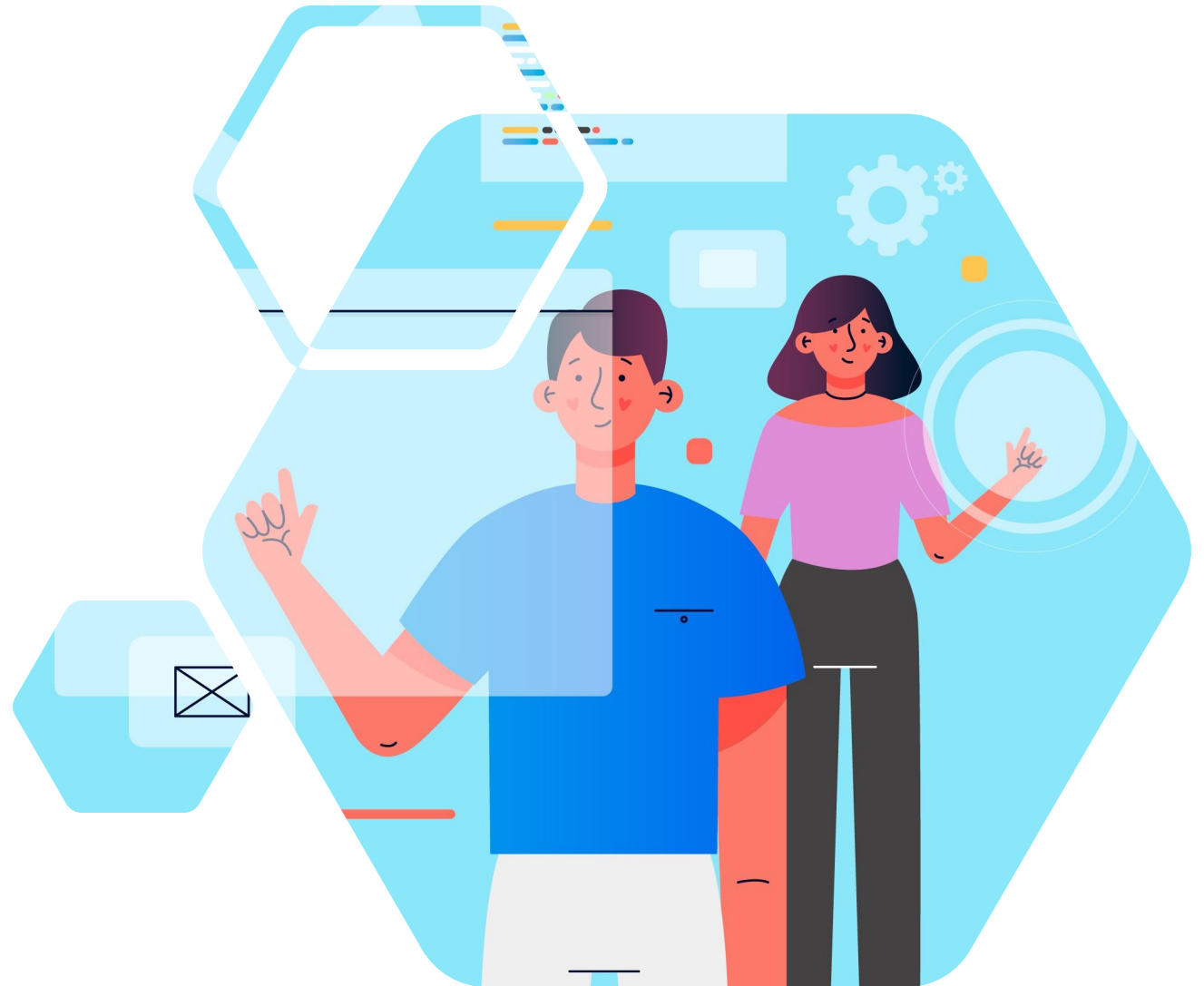
# Social Media & Body Image

- Media exposure readily linked with body displeasure, creating thin ideal (Perloff, R., 2014)
  - Leads to eating disorders
- Body image portrayed by media termed 'cultural sexualization' (Rousseau, A. A. R. b., & Eggermont, S., 2018)

# Social Media & Body Image

Websites dedicated to this normative discontent and cultural sexualization

- [Pro Bulimia: What is Pro Mia?](#)
- [Pro Ana Tips & Tricks to Loss Weight Naturally](#)
- [ANA LIFESTYLE & RELIGION](#)



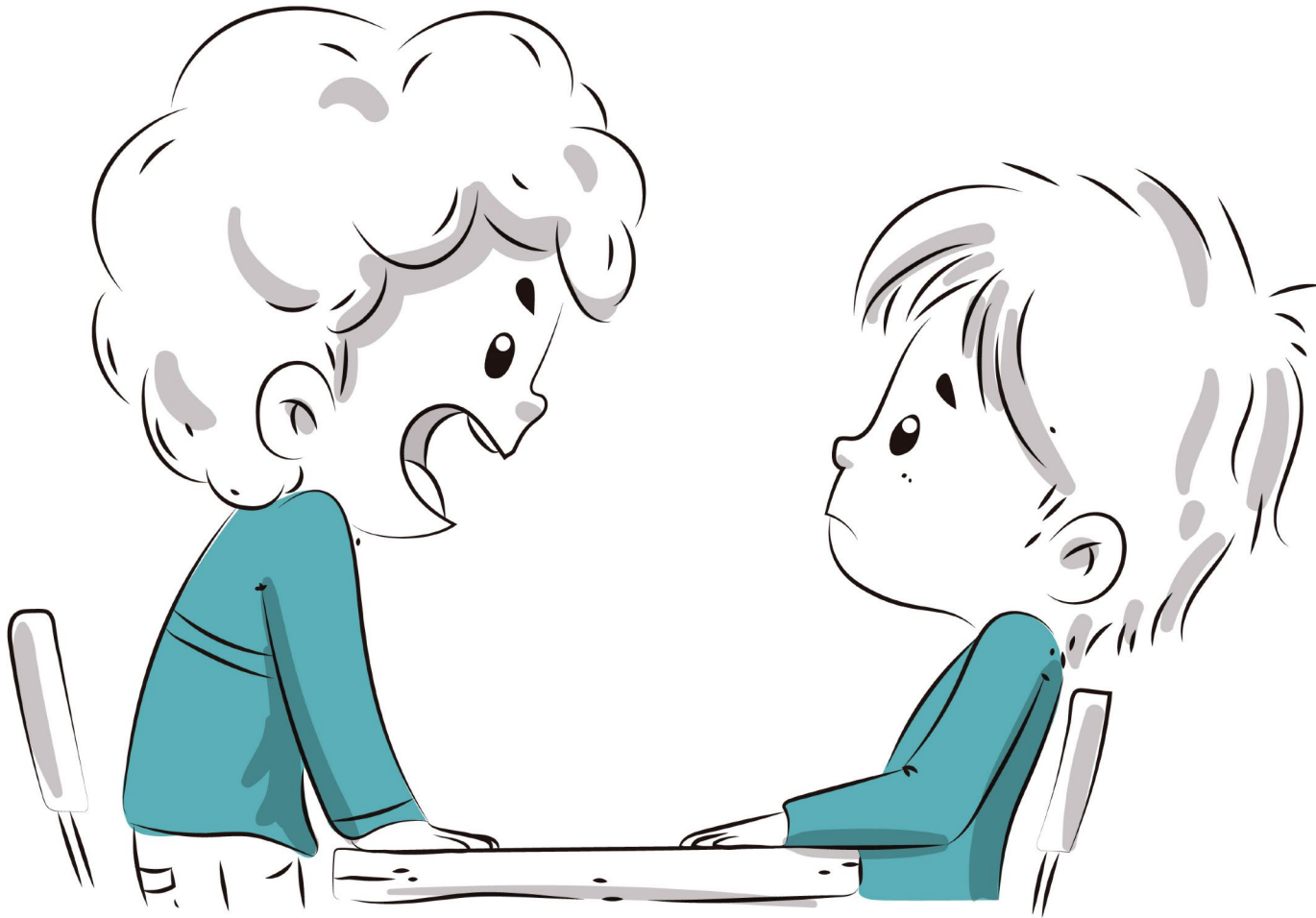
# Social Media & Body Image

## Some Studies

- Relations between Media – Perceived Social Support and Personal Well-being in Adolescence – 1589 young people between 12-16 determined relationships more important indicator of how adolescence see themselves (Sarriera, J., Abs, D., Casas, F., & Bedin, L., 2012).
- Social Media Use & Mental Health among Young Adults studied 467 teens and found social media is a poor indicator or mental or psychosocial problems and could possibly be used to find troubled teens – vaguebooking - (Berryman, C., Ferguson, C., J., & Negy, C., 2018).
- Social Media and Body Dissatisfaction: Investigating the Attenuating Role of Positive Parent–Adolescent Relationships – 440 adolescents between 12-19 determined social media can lead to body dissatisfaction among teens, however this correlation was significantly less when teen boys and girls reported a positive relationship with their mother (de Vries, D. A., Vossen, H. G. M., & van der Kolk - van der Boom, P., 2019).



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## Adolescents, Bullying, and Social Media



# Adolescents, Bullying, and Social Media

- As of 2010, over 97% of young people have a connection to the internet, which includes access to social media (Tokunaga, 2010).
- Over 90% of adolescents report daily usage of social media (Byrne, Vessey, & Pfeifer, 2017).
- Social media has quickly become the main form of communication for adolescents (Kelly, Zilanawala, Booker, & Sacker, 2018).
- It has been noted that there are links between social media and poorer mental health among adolescents. One explanation for this included exposure to online harassment/cyberbullying (Kelly, Zilanawala, Booker, & Sacker, 2018).

# Adolescents & Bullying

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- What is bullying?
  - The Centers for Disease Control and Prevention (CDC) defines it as unwanted aggressive behavior (CDC, 2019).
    - Physical
    - Verbal
    - Social/Relational

The verbal and social/relational domains are most relevant for cyberbullying. However, the bullying can carry on outside of cyberspace in the physical domain.

*Seemingly no escape from it*







# Adolescents, Bullying & Social Media

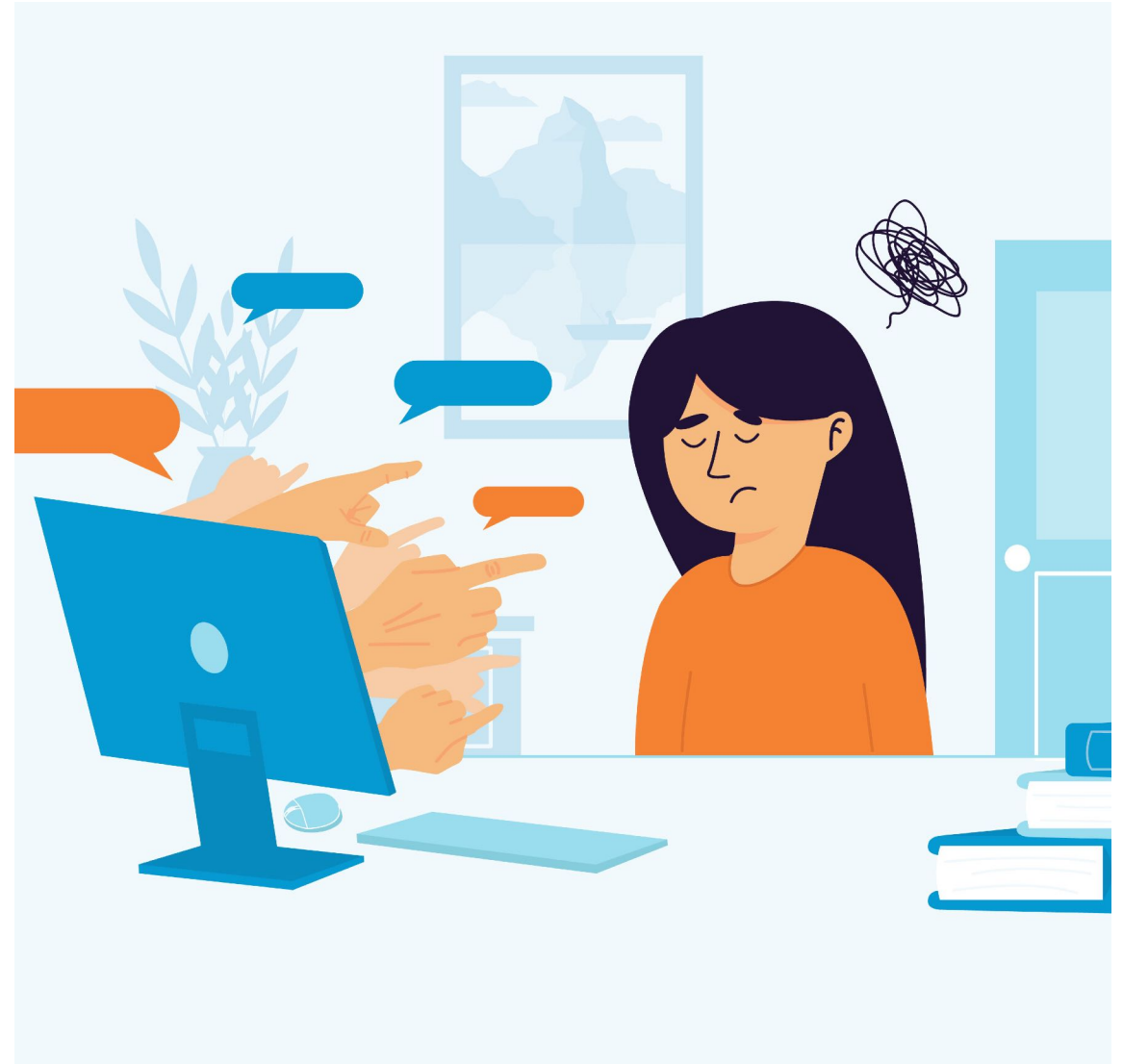
Cyberbullying Video

[“What Are The Real Effects Of Cyberbullying?”](#)

# Adolescents, Bullying & Social Media

## Effects of bullying:

- Adolescents will isolate themselves socially (Hurley, 2018).
- Sleep and appetite changes (Hurley, 2018).
- Decreased self-esteem (Hurley, 2018).
- Increased risk for depression (Hurley, 2018).
- Suicidal ideation/suicide attempts (Sedgwick, Epstein, Dutta, & Ougrin, 2019).
- Heavy drinking (Brunborg, & Andreas, 2019).



# Adolescents, Bullying & Social Media

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- The reports for cyberbullying at middle schools are at 33% and 30% for high schools, as well as 5% for primary schools (CDC, 2019).
- Victims of cyberbullying are at a greater risk of developing depression and social anxiety (Fahy et al., 2016).



# Adolescents, Bullying & Social Media

In a study by Fahy et al. (2016), they examined 2,480 teenagers, ages 12-13, who were taking part in an athletic event in London. A follow-up was done one year later. Those who were cyber-victims and cyberbully-victims exhibited a continued below average well-being, which included depression and social anxiety.



# Adolescents, Bullying & Social Media

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- Kelly, Zilanawala, Booker, & Sacker (2018) analyzed data on 10,904 14-year-olds.
  - They found that online harassment through social media, which includes bullying, was significantly related to poor sleep outcomes, a poorer view of body image, and a lower self-esteem.
  - Such harassment included being sent nasty messages through social media, as well as having nasty social media posts made about you.
  - Girls were more likely to be victims of online harassment.



# Interventions







# Social Media in Different Culture

# Social Media

Social media has indeed been a significant element in our everyday lives that has affected us both in a positive and negative way.

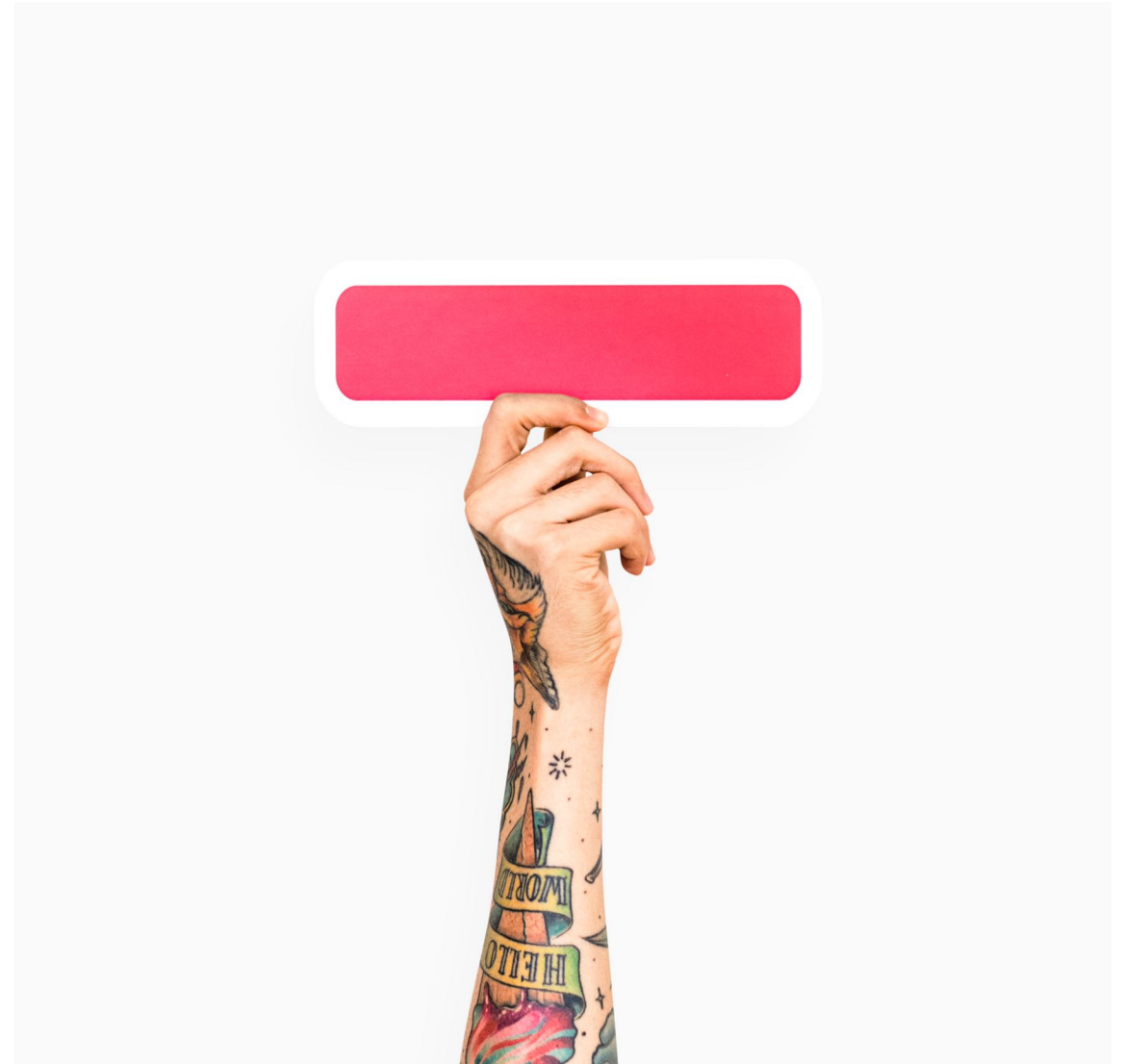
# Positive

- Increased connections among people
- Share views
- Promote creativity
- Social awareness
- Global communication
- Shopping
- Also an important role for all industries



# Negative

- People have become more conservative over other's point of view
- Political judgment
- Religion judgment
- Self-image
- Decreased physical activities





# Positive

Social media has affected many people from various cultures to come together.

Today people use social media to not only learn about their countries but to establish and maintain long distant relationships.



# Negative

Social media has  
created a **DIGITAL  
CULTURE**

**Lack of understanding**



*“The Internet is the first thing that humanity has built that humanity doesn’t understand, the largest experiment in anarchy that we have ever had.”*

Eric Schmidt, former executive chairman of Alphabet Inc.



# ARE WE READY?

- **Perception of Beauty**

Our perception is not what we see, smell, touch or even hear. The true Perception occurs when we become aware of what we could see, smell, touch or hear.



A closer look at appearance and social media: Measuring activity, self-presentation, and social comparison and their associations with emotional adjustment.



## CONCERNS

1. Appearance
2. Comparing favorably with others



# PURPOSE

Develop a measure of appearance preoccupation online

Using the Social Media Appearance Preoccupation Scale (SMAPS)

Understanding the development of appearance-related concerns, body dissatisfaction and disordered eating

# Method & Measures

The primary purpose of this study is to investigate appearance-related preoccupation in adolescents with social media.

For this study, the participants were 283 high school students ages 13 to 18 years.

Each participant had to respond to 21 items.

- “I prefer to upload photos of myself to social media, where I look fit and healthy.”
- “When I upload photos of myself, I usually use filters or alter/change them to make myself look better.”
- “I feel like I want to change my diet after viewing other people’s pictures online.”
- “I approve photos of myself before anyone can tag them” vs. “I am often dissatisfied with my weight or looks in my social media pictures.”
- “Seeing pictures of others makes me feel down on myself.”

Additionally, body-image concerns such as weight and diet, fitness, health, and general appearance were presented.

Furthermore, additional items were included as filler items that asked about general social media use.

❖ Response options were from 1 (strongly disagree) to 7 (strongly agree)

# Results

- Many individuals report a concern concerning their appearance online, being judged by others or not adhering to societal ideals
- Such concerns result in anxiety, body dysmorphia, body dissatisfaction, or disordered eating, that can interfere with our day-to-day living, health, and happiness.
- Furthermore, multivariate models revealed that SMAPS appearance-related activity and appearance comparison had incremental validity with unique associations with negative outcomes, as well as pressure, coping, and even sexual harassment.





Adolescents' perceptions of their therapists' social media competency and the therapeutic alliance.



## CONCERNS

1. Therapeutic alliance
2. Treatment outcomes

# Method

Participants comprised of 77 adolescents.

All participants had been attending individual talk therapy for a minimum of five sessions.

Whether perceived multicultural competency (MCC), as previously conceptualized, could confidently predict therapeutic alliance ratings among using adolescents.

MCC has proven to foretell therapeutic cooperation among adults; however, there is a limited link concerning its importance among adolescent populations.



# Measures



## Demographics/screening questionnaire

Age, gender, race, ethnicity, level of education, psychiatric diagnosis



## Social media use survey

Assessing social media habits.



## Perceived multicultural competence

MCC assessed using the Cross-Cultural Counseling Inventory - Revised based on the tripartite model of MCC



## Perceived social media competency

Therapists' perceived social media competency was assessed using Social Media Perceived cultural competency Concerning social media use.



## Ratings of the therapeutic alliance

Adolescents' ratings of their perceived alliance with their therapist were measured using the Working Alliance Inventory.

# Results

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- The study supported that social media competency can influence therapeutic alliance.
- Preliminary examinations of SMCI submit the link within social media competency, and therapeutic alliance may be inspired by therapists' recognition and respect of social media usage.
- Further, therapists require to develop special knowledge concerning the social media platforms that clients regularly use and the inherent issues linked with them.
- Findings also established therapists' traditional MCC as a positive predictor verifying the need for therapists to become competent, encompassing all aspects of their clients' cultural identities.



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