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The Effects of Social Media

Social media has a mixed positive and negative effect on people's lives. For some people, they use these social media apps to change everything about themselves. Social media can really affect people's lives. It can change the ways mothers raise their children. People that are looking for jobs and go through interviews get declined because of what they post and say on these apps. People with jobs overuse their social media usage and can hurt them in the long run. It can also play a very important role in the way people act emotionally, physically and mentally. The use of social media can not only have a gloomy effect on people but it helps people with their jobs by making accounts for their company, and also shows people better ways of how to be a healthier human. It is a getaway for people who want to unwind and relax.

Social media can affect mothers by teaching them ways on how to parent their child. According to “Idealized Motherhood on Social Media: Effects of Mothers’ Social Comparison Orientation and Self-Esteem on Motherhood Social Comparisons.” by Kirkpatrick, Ciera E, and Sungkyoung Lee. They said these mothers tend to compare themselves to other mothers on the internet. They see these “perfect” ideas on ways to raise their child. Some mothers gain low self esteem when they see these videos online. That's why a study was done by Kirkpatrick and Sungkyoung. They had over 400 participants/mothers to see what social media did to their ways of teaching. At the end of the study, Kirkpatrick et al found out that the participants were more vulnerable to the effects of social media. Mothers that do take these videos to heart will have

kids that will have a negative impact on the way they grow up and develop. Even Kirkpatrick and Sungkyoung stated, “mothers have unrealistic expectations for their parenting and to experience negative effects like increased envy and anxiety.”(285) Social Media affects not only mothers but women in general. According to, Perloff, Richard M. “Social Media Effects on Young Women’s Body Image Concerns: Theoretical Perspectives and an Agenda for Research.” *Sex roles* 71.11–12 (2014). They saw how women that use social media see other women on these apps and would like to look like that. So they change their dietary needs and physical looks to impress people. Perloff did a study with these women and found out that while trying to get an approved body, it will end up terribly because they try to mimic the way these models on the media apps live. This shows when mothers use social media, they see a “perfect world”, that is unrealistic.

The use of Social media can not only affect the way mothers change the way they parent, but it can also play a huge role on the way people act with their mind, attitude and health. According to Pugno, Maurizio. “Social Media Effects on Well-being: The Hypothesis of Addiction of a New Variety.” Pugno wants to better understand if the use of social media will affect the youthful minds of children and teens. Pugno thought that using these apps were a sign of addiction. These signs were not only within the minds of children and teens but with everyone. He once stated that, “This triggers a vicious circle leading to a long run deterioration of well being and skills that would have acted as an antidote to addiction.”(690) He has done his hypothesis and researched that social media affected not only people's behavior and the way they act but also their education and jobs. People's physical health can also be changed. An article made by Luo, Yajing, Ana G Maafs-Rodríguez, and Daniel P Hatfield. “The Individual-level Effects of Social Media Campaigns Related to Healthy Eating, Physical Activity, and Healthy

Weight: A Narrative Review.” *Obesity science & practice* 10.1 (2024) “Social media campaigns focused on promoting healthy eating, PA, and healthy weight had mixed effects on individual-level cognitive, behavioral, and anthropometric outcomes.”(p.2) They wanted to prove social media tells people and shows them different dietary plans that have both a positive and negative outcome. Some videos on the app shows a fun and healthy ways to eat and exercise, and others show greasy and gross food that targets an audience to try that unhealthy type of food. Luo et al. made a study that had mixed results in the end. Social media can cause people to change their bodies and the way they look. They also make them have different behavior and attitude swings.

In addition, social media can have a negative effect on people who are looking for a job and those who already have jobs. For ones that are looking for jobs, they go through an interview process in which the job has to then check the applicant's social media page and see all the stuff they say and post. According to Becton, John Bret et al. “Social Media Snooping on Job Applicants: The Effects of Unprofessional Social Media Information on Recruiter Perceptions.” Becton researches how HR departments look at these profiles to see if they are a good fit for the company or not. The article stated, “ Posting everything from thoughts about politics to photos of their meals, few probably consider the career-related consequences of “over-sharing” on social media. Approximately 50 percent of employers report rejecting job applicants because of social media content”(1091) This means people that try to get jobs can’t because posting on social media apps can have a negative outcome. People with jobs overuse these apps and take advantage of it to the point where they get fired, but according to Yu, Lingling et al. “Excessive Social Media Use at Work: Exploring the Effects of Social Media Overload on Job Performance.” Yu thought that, “Access to social media is more likely to result in excessive

usage, which can incur negative consequences.”(1092) research shows that over 230 participants were asked if they use social media at work. The results were unexpected. Companies noticed that people overuse and are always on social media apps. So they use these apps to make their own profile and gain more customers and consumers. Eventhen, people make their own companies when using these applications. While trying to apply for careers, applicants are getting rejected based on their social media accounts. While people with jobs are over using social media at work which affects the quality at work that can have both negative and positive consequences.

Lastly, people that use social media are learning less information than people that use the news. According to the article “Why Don’t We Learn from Social Media? Studying Effects of and Mechanisms behind Social Media News Use on General Surveillance Political Knowledge.” Made by van Erkel, Patrick F. A, and Peter Van Aelst. They noticed that people that use social media are gaining knowledge that may be false, so they are getting the wrong information than people that are getting the correct information from the news. Even van Erkel said in the article that, “Unlike following news via traditional media channels, citizens do not gain more political knowledge from following news on social media.”(407) They made a study to show that their hypothesis is true. The results were people that use social media to get their information and gain knowledge about the daily political life of the world but not as well as users that watch the daily news. All in all, people that get their information from social media are not as useful as getting information from the daily news, because anyone can report it and it won’t be accurate.

In conclusion, the effects on social media have both positive and negative effects. It may affect people's behavior and the way they act, but in the long run, people use social media to unwind down and relax. They don’t let people over the internet control the way they eat or how

to workout and be healthy. Even some people learn some life lessons from using these apps. So being aware of what you do on these apps will help you become more of a wise person. People need to learn to limit themselves and their usage when using social media.

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