The Social Dilemma, a very highly rated movie, was produced in September of 2020. It discusses many modern-day problems associated with social media. Some of these problems include things such as Addiction, monetization, polarization, and the topic I am writing about; Self-image. Self-image is essentially how you view yourself both physically and internally. Not to be confused with world-view, how you see the world around you. The movie shows how modern teens are becoming hyper-focused on social media and often compare themselves to fake images or whoever has the highest likes.

The first main way social media influences self-image is through person-to-person comparison. People of all ages, but mostly teens, tend to see pictures of other people that are highly manipulated, fake, or just very good-looking. Seeing these things makes them feel bad about themselves because they don’t look good. Their image is also tainted internally because they feel they are worth less if they don’t look like a model. Overall, social media is largely contributing to people of all ages becoming more and more unhappy with themselves.

The second way social media is harming self-image is through the like button. Because of the movie, we learn that the like button was created for good. Unfortunately, over time it has become all but the opposite. When posting on the internet, people will align having likes as being liked. This means when someone posts and does not get a lot of likes, they think people don’t like them. The reality is that the like button means nothing in the real world and follows an algorithm, but people have a hard time realizing that and end up convincing themselves that they are lesser because of this.

Overall, while social media was created to connect people and allow people to express themselves in a safe environment, many people take things the wrong way and associate their real-world worth with likes and images on the internet. This makes many people feel like they aren’t good enough or pretty enough when in reality everyone is perfect.