**Assignment: Annotated Bibliography**

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COMM170: College Communications 2 (Sec. 406)

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November 3rd, 2024

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Butler, B. S., Matook S. (2015). *Social Media and Relationships* John Wiley & Sons, Ltd. <https://search.credoreference.com/articles/Qm9va0FydGljbGU6NDM2MjMxOQ==?q=social+media+and+relationship&aid=114435>

Butler and Mattok explore the ways social media affect relationships in a few different contexts such as friendships, romantic partnerships, family bonds, and professional relationships. Three main points are highlighted. First, social media can help create and maintain distant relationships by removing the geographical gap between people wanting to connect. Secondly, social media can be a substitute for face-to-face interactions. However, the substitution could potentially weaken existing face-to-face interactions. Thirdly, social media often enhances in-person relationships by allowing each person to emotionally support without being physically together. The authors also discuss the positive and negative impacts social media has on different relationship stages such as the formation, maintenance, and dissolvement.

Steinsbekk, S., Bjørklund, O., Valkenburg, P., Nesi, J., Wichstrøm, L. (2024). The new social landscape: Relationships among social media use, social skills, and offline friendships from age 10–18 years. *The International Encyclopedia of Digital Communication and Society* (1st ed.).https://doi.org/10.1016/j.chb.2024.108235

This study investigates the effects of social media on social skills and offline friendships, specifically on adolescents. Their data is based on a group of people aged 10 to 18. The researchers analyze whether increased social media usage can be used to predict levels of social competence and how often they will seek offline interactions with friends.

Bouffard, S., Giglio, D., & Zheng, Z. (2021). Social Media and Romantic Relationship: Excessive Social Media Use Leads to Relationship Conflicts, Negative Outcomes, and Addiction via Mediated Pathways. *Los Angeles, CA: SAGE Publications.* Social Science Computer Review, 40(6), 1523–1541.[*https://doi-org.centennial.idm.oclc.org/10.1177/0894439321101356*](https://doi-org.centennial.idm.oclc.org/10.1177/0894439321101356)

This article studies how Instagram affects romantic relationships. The impact on relationship satisfaction, conflict, negative outcomes, and addiction is the focus of their studies. They have used a structural equation model to correlate people’s experiences to usable data that bring the authors to a few conclusions. Instagram use has shown to decrease relationship satisfaction which increases conflict. This conflict has shown to create more negative relationship outcomes. It was found that making sacrifices positively affects relationship satisfaction as well. In turn, sacrifices can mitigate some of the negative effects that Instagram has.