Research for Dissertation

<http://www.collective-evolution.com/2014/12/15/disturbing-but-amazing-pictures-expose-the-absurdities-of-modern-culture-warning-graphic-images/>

**Digital Media and Society** Paperback – 5 Jun 2017 by [Simon Lindgren](https://www.amazon.co.uk/s/ref=dp_byline_sr_book_1?ie=UTF8&text=Simon+Lindgren&search-alias=books-uk&field-author=Simon+Lindgren&sort=relevancerank): ISBN-10: 1473925010

**The Mediated Construction of Reality** Paperback – 11 Nov 2016by [Nick Couldry](https://www.amazon.co.uk/s/ref=dp_byline_sr_book_1?ie=UTF8&text=Nick+Couldry&search-alias=books-uk&field-author=Nick+Couldry&sort=relevancerank) ,‎ [Andreas Hepp](https://www.amazon.co.uk/s/ref=dp_byline_sr_book_2?ie=UTF8&text=Andreas+Hepp&search-alias=books-uk&field-author=Andreas+Hepp&sort=relevancerank) ISBN-10: 074568131X

**The Quantified Self Paperback** – 25 Mar 2016 by [Deborah Lupton](https://www.amazon.co.uk/Deborah-Lupton/e/B001IXOHF2/ref=dp_byline_cont_book_1) ISBN-10: 150950060XFred Forest's Utopia: Media Art and Activism (Leonardo Book Series) Hardcover – 6 Oct 2017 by Michael F. Leruth; **ISBN-10:** 0262036495

Haag, C., Rumori, M., Windisch, F. and Zeller, L. (2018). *Open Format*. [image] Available at: https://www.computerworld.com/article/2473016/computer-hardware/90160-tk.html#slide9 [Accessed 26 Jan. 2018].

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| Source | Information | Summary |
| Desk, W. (2018). Global Social Media Statistics for 2017. [online] Digitalinformationworld.com. Available at: https://www.digitalinformationworld.com/2017/02/global-social-media-statistics.html [Accessed 3 Feb. 2018]. | (Desk, 2018)  Social Media Users and Frequency  Who’s where and how often?  • Facebook is still the site with the most active users (1.860 billion) per month and 1.74 billion active users on mobile. That’s roughly 22% of the world’s population. ([Statista](https://www.statista.com/statistics/264810/number-of-monthly-active-facebook-users-worldwide/))  • Out of online Americans, 79% use Facebook (75% of men and 83% of women), 32% use Instagram, 31% use Pinterest, 29% use LinkedIn and 24% use Twitter. ([Pew Research Center](http://www.pewinternet.org/2016/11/11/social-media-update-2016/))  • WhatsApp has over [a billion users](https://www.statista.com/statistics/260819/number-of-monthly-active-whatsapp-users/) now.  • There are 3.773 billion internet users (50% penetration) and 2.789 billion active mobile social users (37% penetration) around the world. ([We Are Social](http://wearesocial.com/uk/blog/2017/01/digital-in-2017-global-overview))  • Annual growth of internet and social media active users around the globe was 10% from 2015-2016. Growth of active social media mobile users was 21 percent. (We Are Social)  • 97% of online adults [ages 16-64](https://www.globalwebindex.net/blog/97-visiting-social-networks) have visited or used a social network over the past month.  • Nearly 80% of girls in Japan ages 10-19 have a Twitter Account ([eMarketer](https://www.emarketer.com/Article/Five-Unexpected-Stats-About-Social-Media-2016/1014944))  • The average internet user has 7 accounts, up from 3 in 2012. ([Global Web Index](https://www.globalwebindex.net/blog/internet-users-have-average-of-7-social-accounts))  • 45% of online women use Pinterest. ([Pew Research Center](http://www.pewinternet.org/2016/11/11/social-media-update-2016/))  • 32% of teenagers say [Instagram is the most important social network](https://www.revitalagency.com/blog/keep-calm-and-bring-on-the-instagram-feed-changes/) and most of the site’s users are between 18-29. ([Pew Research Center](http://www.pewinternet.org/fact-sheet/social-media/))  • SnapChat reaches 41% of all 18-34-year-olds in the U.S. and 150 million people use the platform every day. ([SnapChat](https://www.snapchat.com/ads/))  • Since 2005, the number of people who use social media has risen from 5% to 69%. ([Pew Research Center)](http://www.pewinternet.org/fact-sheet/social-media/) | Facebook is still the site with the most active users (1.860 billion) per month and 1.74 billion active users on mobile. That’s roughly 22% of the world’s population.  2.789 billion active mobile social users (37% penetration) around the world. |
| Whiting, A. and Williams, D. (2018). Why people use social media: a uses and gratifications approach. [online] http://www.emeraldinsight.com. Available at: https://doi.org/10.1108/QMR-06-2013-0041 [Accessed 4 Feb. 2018]. | (Whiting and Williams, 2018)  This study identified ten uses and gratifications for using social media.  1.  Social interaction. 88 percent of the respondents mentioned using social media for social interaction. Respondents mentioned that Facebook is “a place to interact and socialize with others”, that they “have more contact with people via social media than face to face”, and that “social media gives them a social life”. The respondents indicated that they use social media to connect and keep in touch with family and friends, interact with people they do not regularly see, chat with old acquaintances, and meet new friends. Survey participants reported that they use social media to interact with many different types of people ranging from friends, family, spouses, co‐workers, old friends, old acquaintances, and new friends.  2.  Information seeking. 80 percent of respondents reported using social media to seek out information. These study participants reported that they use social media to:  find information about sales, deals, or products;  find information on events, birthdays, and parties; and look at information about businesses. Respondents also mentioned that they use social media for self‐education. Respondents stated that they use social media to get how‐to‐instruction, to get help with math, and to learn new things.  3.  Pass time. 76 percent reported using social media to pass the time. Respondents stated that they use social media when they have idle time or when they are bored and want something to do. Many individuals reported using social media to pass time at work or school. Some of their comments were “I use Facebook when bored at work”, “I use social media during class to pass the time”, “I use social media when waiting for class”, and “I use social media when class is boring”.  4.  Entertainment. 64 percent of respondents reported that they used social media as a source of entertainment. Some of the entertainment activities reported were playing games, listening to music, and watching videos. Others mentioned that they use social media for humor and comic relief. Some of their comments were “listening to jokes”, “reading comments and stuff makes me laugh”, and “watching the crazies on Facebook, and how they display themselves, provides entertainment to me”. Some respondents mentioned playing games regularly with friends via social networking platforms.  5.  Relaxation. 60 percent of respondents used social media for relaxation purposes. Some of their comments were “it is relaxing to go through profiles”, “looking on Facebook does not take any thought”, “it is an escape from reality”, and “it takes my mind off things”. Respondents also mentioned how social media helps them escape from reality and escape the stress of the real world. Over 16 percent of respondents mentioned they use social media to escape from the real world.  6.  Expression of opinions. This type of social media use was mentioned by 56 percent of respondents and is defined as using social media to express thoughts and opinions. Respondents discussed how they like to make comments such as liking postings and photos, commenting on updates, and sharing comments on others postings. Others discussed how they liked to express their opinions anonymously, how they liked to criticize others, and how they enjoyed the opportunity “to vent” on social media.  7.  Communicatory utility. 56 percent of respondents discussed how they use social media to give them things to talk about with others. Respondents reported that social media “gives them something to talk about with friends”, that “Facebook gives them things to gossip about”. Others mentioned that they talk to others about what they found on Facebook and that they will ask their friends if they saw what a person said on Facebook.  8.  Convenience utility. This type of social media use was mentioned by 52 percent of respondents. Several of the respondents actually used the word convenient in their responses such as “it is convenient and accessible anytime and anywhere”. Others mentioned that they use social media because it is readily available and has no time restraints. One individual mentioned that she uses social media because of the convenience of being able to communicate with a lot of people at one time.  9.  Information sharing. This type of social media use was mentioned by 40 percent of respondents. This factor is different from information seeking which was previously discussed. Information sharing is defined as using social media to share information about you with others. Unlike television and the internet, social media is interactive in nature and allows consumers to communicate and share information via a two way dialogue. This information sharing construct has not been used by other uses and gratifications researchers. However, information sharing has been used in other marketing studies (Jarvenpaa and Staples, 2000; Miranda and Saunders, 2003). Respondents mentioned many different ways that they share information. Many respondents mentioned that they like to post updates and share pictures. Some study participants mentioned that they advertise their business on Facebook and some mentioned that they share information in order to market themselves.  10.  Surveillance/knowledge about others. This sort of social media usage was mentioned by 32 percent of the respondents and is defined as watching people or things and watching what others are doing. The title of this theme comes from Kaye and Johnson's (2002) study on motivations for using the web for political information factors. Respondents mentioned many different ways that they use social media to watch others. Some of the respondents stated that they are “nosey”, they “spy on people”, they “creep on people”, they “spy on their kids”, and they “look at stuff about others without them knowing about it”. Many individuals mentioned that they want to know what others are doing and that they try and keep up with others. | The ten uses and gratifications are:   1. social interaction 2. information seeking 3. pass time 4. Entertainment 5. Relaxation 6. communicatory utility 7. convenience utility 8. expression of opinion 9. information sharing 10. surveillance/knowledge about others   (Whiting and Williams, 2018)  Pass time. ***76 percent reported using social media to pass the time***. Respondents stated that they use social media when they have idle time or when they are bored and want something to do. Many individuals reported using social media to pass time at work or school. Some of their comments were “I use Facebook when bored at work”, “I use social media during class to pass the time”, “I use social media when waiting for class”, and “I use social media when class is boring”.  **Relaxation.** 60 percent of respondents used social media for relaxation purposes. Some of their comments were “***it is relaxing to go through profiles”, “looking on Facebook does not take any thought”, “it is an escape from reality”, and “it takes my mind off things”.*** Respondents also mentioned how social media helps them escape from reality and escape the stress of the real world. Over 16 percent of respondents mentioned they use social media to escape from the real world.  **Surveillance/knowledge about others**. This sort of social media usage was mentioned by 32 percent of the respondents and is defined as watching people or things and watching what others are doing. The title of this theme comes from Kaye and Johnson's (2002) study on motivations for using the web for political information factors. Respondents mentioned many different ways that they use social media to watch others. ***Some of the respondents stated that they are “nosey”, they “spy on people”, they “creep on people”, they “spy on their kids”, and they “look at stuff about others without them knowing about it***”. Many individuals mentioned that they want to know what others are doing and that they try and keep up with others. |
| Lewis, P. (2018). 'Fiction is outperforming reality': how YouTube's algorithm distorts truth. [online] the Guardian. Available at: https://www.theguardian.com/technology/2018/feb/02/how-youtubes-algorithm-distorts-truth [Accessed 9 Feb. 2018]. | Those are not easy questions to answer. Like all big tech companies, YouTube does not allow us to see the algorithms that shape our lives. They are secret formulas, proprietary software, and only select engineers are entrusted to work on the algorithm. Guillaume Chaslot, a 36-year-old French computer programmer with a PhD in artificial intelligence, was one of those engineers.  During the three years he worked at Google, he was placed for several months with a team of YouTube engineers working on the recommendation system. The experience led him to conclude that the priorities YouTube gives its algorithms are dangerously skewed.  “YouTube is something that looks like reality, but it is distorted to make you spend more time online,” he tells me when we meet in Berkeley, California. “The recommendation algorithm is not optimising for what is truthful, or balanced, or healthy for democracy.”  Chaslot explains that the algorithm never stays the same. It is constantly changing the weight it gives to different signals: the viewing patterns of a user, for example, or the length of time a video is watched before someone clicks away.  https://algotransparency.org/?candidat=is%20the%20earth%20flat%20or%20round?&file=ytrecos-science-2018-02-01 |  |
| Mandiberg, M. (2012). *The social media reader*. New York, N.Y.: New York University Press. | (Mandiberg, 2012)  Quote from Marconni “"The coming of the wireless era will make war impossible, because it will make war ridiculous. “ made 2 years b4 ww1 | Shows how the inventors hopes can be niave |
| Kirsh, S. (2010). *Media and youth*. Chichester, U.K.: Wiley-Blackwell, pp.15-22. | (Kirsh, 2010) Children and Adolescents   1. use and gratifications perspective b) self-determination theory   Uses and gratification approach = most cited (Sparks 2001) companionship, arousal, escape, habit, learning, past time & relaxation  Other things talked about are identity information  Individual – traits that describes oneself (who am I?)  Social – group membership (where do I fir in?) | (pg 19) Self determination theory with regards media (SDT \ Ryan, Rigby & Przbylski) motivational pull is the conetention that it fullfills 3 basic principles of psychological needs (self esteem, Postive emotion & vitality) those need are   * Autonomy * Competence * Relatedness |
| 0100101110101101.org. (2018). *For Internet Use Only (2016) < Eva and Franco Mattes*. [online] Available at: http://0100101110101101.org/for-internet-use-only/ [Accessed 10 Feb. 2018]. | (0100101110101101.org, 2018) A live performance where a live stream of our computer desktop is projected in the venue for 48 minutes. | ABOUT  Eva and Franco Mattes (b. 1976, Italy) are an artist duo based in New York. |
| BBC News. (2018). *Is social media making your child sad?*. [online] Available at: http://www.bbc.co.uk/news/technology-42705881 [Accessed 11 Feb. 2018]. | (BBC News, 2018) Rangan Chatterjee is a GP and says he has seen plenty of evidence of the link between mental ill-health in youngsters and their use of social media.  One 16 year-old boy was referred to him after he self-harmed and ended up in A&E.  "The first thought was to put him on anti-depressants but I chatted to him and it sounded like his use of social media was having a negative impact on his health."  So Dr Chatterjee suggested a simple solution - the teenager should attempt to wean himself off social media, restricting himself to just an hour before he went to bed. Over the course of a few weeks, he should extend this to two hours at night and two in the morning.  "He reported a significant improvement in his wellbeing and, after six months, I had a letter from his mother saying he was happier at school and integrated into the local community."  That and similar cases have led him to question the role social media plays in the lives of young people.  "Social media is having a negative impact on mental health," he said. "I do think it is a big problem and that we need some rules. How do we educate society to use technology so it helps us rather than harms us?"  Some children deliberately lose or break their phones, just to end distressing messages  Dr Louise Theodosiou, Psychiatrist  He is not alone. A group of US child welfare experts recently wrote to Facebook founder Mark Zuckerberg urging him to close down Messenger Kids - a messaging app developed for children - saying it was irresponsible to encourage pre-teens to use the platform.  It cited evidence of adolescents reporting severe mood changes because of social media use and girls as young as 10 facing body image issues because of the pictures they are bombarded with on platforms such as Facebook-owned Instagram.  A 2017 study by The Royal Society of Public Health asked 1,500 young people aged 11-25 to track their moods while using the five most popular social media sites.  It suggested Snapchat and Instagram were the most likely to inspire feelings of inadequacy and anxiety. YouTube had the most positive influence.  Seven in 10 said Instagram made them feel worse about body image and half of 14-24-year-olds reported Instagram and Facebook exacerbated feelings of anxiety. Two-thirds said Facebook made cyber-bullying worse.  The study led Shirley Cramer, chief executive of RSPH, to call for three specific changes:  a pop-up notification when a young person has spent a certain amount of time online  a watermark on photos that have been digitally manipulated  school lessons on how to use social media in a healthy way  She concluded: "Social media has become a space in which we form and build relationships, shape self-identity, express ourselves and learn about the world around us; it is intrinsically linked to mental health."  Apple investors urge action on smartphone addiction  Facebook 'no place' for young children  Fear of missing out drives social media addiction  Consultant psychiatrist Louise Theodosiou says one of the clearest indications children are spending too long on their phones is their behaviour during a session with a psychiatrist.  "Two or three years ago, it was very unusual for a child to answer their phone or text during an appointment. But now it is common," said the Royal Manchester Children's Hospital doctor.  She has seen a rise in cases where social media is a contributing factor in teenage depression, anxiety and other mental health issues. These problems are often complex and wide-ranging - from excessive use of gaming or social media sites to feelings of inadequacy brought on by a constant bombardment of social media images of other people's lives, to cyber-bullying.  Illustration of girl sat on bed with wolf watching  "In the last fortnight I have had two children request extra appointments because of online bullying," Dr Theodosiou told the BBC.  "Some children deliberately lose or break their phones just to end distressing messages."  Teenagers who dare to express alternative views, particularly about "diverse sexuality", open themselves up to the risk of a torrent of abuse on platforms such as Twitter, she says. And online bullying can have a more intense effect than playground taunts.  "At school, any offline bullying would be limited to that environment but on the computer at home it begins to feel like you are being bullied in your own bedroom," said Dr Theodosiou.  One of the groups she worries about most - one she describes as "thankfully, rare" - is children who have simply stopped going out because of their online addiction to social media, gaming platforms, or both.  Often such children will refuse to travel to psychiatrist appointments, so a range of professionals have to make home visits to deal with the issue. It can take months to persuade them to leave their bedrooms.  "These kids are living in a fictional world, sometimes to the detriment of their physical health. They might have physical ill-health, like toothache, but they are still not wanting to leave their virtual worlds," she said.  Person taking a selfie with wolfs in background  Dr Theodosiou has seen first-hand how difficult it can be for parents. She has heard of some sleeping with the home router to make sure the children cannot connect to the wi-fi in the middle of the night.  Even for those children whose social media use may be judged normal, there are still dangers in the way the internet has become a conduit into the lives of friends and celebrities.  "Youngsters have a need to compulsively watch others and are getting upset because they feel their lives aren't like that," said Dr Theodosiou.  "My sense is that they think that their friends have better lives than them, even though they are just seeing an idealised version of others' lives."  Presentational grey line  What can parents do?  Keep an eye on how much time children spend online and ensure it is not interfering with activities such as socialising, exercising, eating and sleeping  Consider bans on devices at mealtimes and take them away an hour before bedtime. Do not let children charge devices in their rooms  Talk regularly to children about what they do online, what posts they have made that day, who they are friends with and how it is affecting their mood  With younger children, have access to passwords to regularly check content  Remember, Facebook, Twitter or Instagram officially bar children under 13 from having accounts  Encourage children to use the internet for creative things - helping with homework, making their own content  Presentational grey line  The UK's Department of Health met in November with tech firms including Snap, Facebook, Google, Apple and Twitter to discuss the issues, which it sees as:  online bullying and harmful content  the amount of time youngsters spend online  how to verify the age of users.  Again there is plenty of evidence to suggest there is reason to worry about all three of these topics.  A study from Ofcom at the end of last year found half of UK children aged 11 and 12 had a profile despite most platforms having a minimum age of 13.  Mental health charity Young Minds discovered that, while fewer youngsters reported online bullying (37%) than offline bullying (47%), the vast majority (83%) felt social media firms should do more to tackle the issue.  A Glasgow University study found many teenagers are so invested in social media and so worried about missing out on posts, they log on in the middle of the night in order to get updates, leading to sleep deprivation.  It should also be pointed out some studies suggest children cope well with integrating social media into their lives.  One, from the University of Oxford, suggested that while children do spend a lot of time online, they have some sophisticated ways of balancing online and offline time.  The UK Safer Internet Centre found that 68% of young people said chatting to their friends online cheered them up, with 88% saying they had sent other friends "kind messages" when they were upset.  Despite the sometimes contradictory evidence, the firms have agreed to look at the three issues raised by the UK government, along with the possibility of parental controls, over the coming months.  The BBC understands they have been asked to provide evidence of what they believe makes unhealthy online behaviour among 13-18-year-olds, whether that be long periods of time spent online or using the platform at unsocial hours.  The government has also asked whether social media firms could provide pop-up messages alerting people who have been online for excessive periods and to give it specific examples.  Classroom - with wolves  In response to the meeting, Facebook's head of public policy in the UK, Karim Palant, told the BBC: "Our research shows that when we use social media to connect with people we care about, it can be good for our well-being."  Twitter said simply that it was "looking forward to positive discussions on these critical issues".  Google did not want to comment publicly.  And Snapchat said it was working on ways to improve how threatening messages are flagged by users.  Apple, which also attended the Department of Health meeting, recently faced calls from its investors to act on smartphone addiction, with software limiting how long children can use their devices.  In response, it said that there were already parental controls built into the operating system of its iPhones.  For more on this, listen to the latest edition of the BBC's World Service TechTent  Illustrations by Katie Horwich | Mental health charity Young Minds discovered that, while fewer youngsters reported online bullying (37%) than offline bullying (47%), the vast majority (83%) felt social media firms should do more to tackle the issue.  A 2017 study by The Royal Society of Public Health asked 1,500 young people aged 11-25 to track their moods while using the five most popular social media sites.  Facebook exacerbated feelings of anxiety. Two-thirds said Facebook made cyber-bullying worse. |
| Przybylski, A., Murayama, K., DeHaan, C. and Gladwell, V. (2013). Motivational, emotional, and behavioral correlates of fear of missing out. *Computers in Human Behavior*, 29(4), pp.1841-1848. | (Przybylski et al., 2013.1841-1848)  Social media utilities provide increasingl y abundan t forms of social informat ion. These mediums afford easy access to real-time information about the activities, events, and conversations happening across diverse social networks. This digitally fueled deluge of updates has kindled interest in and writing about a relatively new phenomeno n termed Fear of Missing Out , popularly referred to as FoMO. Defined as a pervasive apprehension that others might be having rewarding experiences from which one is absent, FoMO is characterized by the desire to stay continually connected with what others are doing. For those who fear missing out, participation in social media may be especially attractive. Services like Facebook, Twitter, and Foursquare are technological tools for seeking social connection and provide the promise of greater levels of social involvem ent (Ellison, Steinfield, & Lampe, 2007 ). In many ways, social media utilities such as these can be thought of as reducing the ‘‘cost of admission’’ for being socially engaged. While these social tools provide advantages for the general population, it is likely they are a particular boon for those who grapple with fear of missing out. Indeed, social media engagement presents a high efficiency low friction path for those who are oriented towards a continua l connection with what is going on. There is good reason then to expect that those who are high in fear of missing out gravitate towards social media. Despite increased interest in and writing about FoMO, it is noteworthy that very little is empirically known about the phenomenon . To address this deficit, the present research applies a motivatio n-based perspective to delve deeper into fear of missing out and explore its motivational , behavioral , and well-being correlate |  |
| Ornstein, R. (1991). *The psychology of consciousness*. New York: Prentice-Hall. | (BBC News, 2018) Social media can help bring people closer together and share information.  But the endless stream of updates, invites and opportunities to gain the explicit approval and feedback of friends and family, can create a pressure of its own.  For some, FOMO - or the fear of missing out - leaves them in the grip of an "addiction" to their devices.  As part of a BBC News School Report story for the Six O'Clock News, a group of Year 11 students from Haggerston School in Hackney took on the the challenge of trying to turn their backs on Facebook status updates, Twitter posts and snapchat messages for a week.  School Reporters Sheveen and Uche were part of the group going cold turkey, and wrote about their experiences: | For some, FOMO - or the fear of missing out - leaves them in the grip of an "addiction" to their devices. |
| Ornstein, R. (1991). *The psychology of consciousness*. New York: Prentice-Hall. | (Ornstein, 1991 .265)”once human an invention becomes widespread, such as electronic or jet planes, everyone is under pressure to adapt to a new situation. As a result of the way we evolved, our ability to adapt lags behind our ability to create”. |  |
| Adult's media use and attitudes. (2018). [ebook] Ofcom. Available at: https://www.ofcom.org.uk/\_\_data/assets/pdf\_file/0020/102755/adults-media-use-attitudes-2017.pdf [Accessed 17 Feb. 2018]. | (Adult's media use and attitudes., 2018.54)While sharing content on social media is a popular activity, it is worth noting that three in ten who share links to articles on Facebook or Twitter agree that they often do this without fully reading the content first.  (Adult's media use and attitudes., 2018.49) Three in four internet users (76%) have a social media profile or account – unchanged since 2015. There has also been no change in the use of social media among 16-74s. However, internet users aged 75+ are now more likely to have a profile or account (41% vs. 19% in 2015) |  |



Figure 1Anon, (2018). [image] Available at: http://0100101110101101.org/blog/wp-content/uploads/for-internet-use-only-live-performance-careof-milan-07-1024x701.jpg [Accessed 10 Feb. 2018]. While we carry out our daily routines – checking emails, using social media, surfing the web, editing texts and photos, buying things online, etc. – the audience sit on yoga mats and become voyeurs of the everyday.