Cooley's and Goffman's Affects On Social Media

Looking at the person in front of you, sometimes you see yourself through their eyes. According to Cooley's *The Looking Glass Self,* we do this to see how we look at them and how they may feel about us. Similarly to this Goffman's *Presentation of Self* explains the actions of oneself as is a performance on a stage. In this modern world, these two concepts can be used to help explain how people are influenced by social media.

As improvements to the internet continue to climb. Social media has become more and more prevalent in this society. Social media has also added a new way for people to expose themselves to others and another way for people to judge others. This has added a new part to both Cooley's and Goffman's concepts. Goffman explains in his concept that people portray themselves similarly to a stage. I think with social media this can be seen as many people use it as a way to portray themselves in their best light. Also with filters and editing people can seem different from themselves almost like actors. Also when something is posted that people like similar to a stage people will like it. Goffman's concept of self is effective in describing how people act on social media and why they may only post their best photos. The influencer wants to be seen in the best light and so their posts reflect that. I think that Goffmans ideas can explain how very popular influencers can have a impact on others. As influencers use social media as a stage it shapes how people think they should act on social media. This is explained by Goffmans idea of the self being similar to a stage as the influencers use that stage to infleucnces there viewers.

Cooley's idea of the looking-glass self helps to explain how some people see themselves through influencers or other posts. It also helps to explain why people post only their best posts. I think also Cooley's concept helps to explain why people like posts on social media as they view themselves through the post and what's being shown. Social media also helps to show it as you can view your post as others would see it and see or feel what the viewer does. I think

situation. Also, I think the idea of a looking-glass self explains why some people are very into social media as they have a sense of pride in their posts and how people view them.

Similar to Goffman's concept both can explain that people usually only post the best as they are trying to impress the people seeing the post. With the idea of looking at glass self-explaining it as the poster imagines it through other's eyes. It also explains that people are self-conscious of how they are perceived and act to be perceived in good light. Like helps to ease the feeling of self-consciousness as it portrays that people are viewing you in a good light. I think both can also explain why some people take their social media very seriously as they have pride in there self image.In contrast, I think that Goffman's concept of self does a better job of explaining why people post on social media. While Cooley's concept explains how people view their own posts on social media. I think they both explain the idea of why people like social media as it's a way to show one's best self and a way to view oneself. I think as time progresses social media will become more and more prevalent in society. I think that the two concepts talked about will also be more prevalent in positive and negative ways.

In conclusion, both of Goffman's and Cooley's concepts can be used to explain different aspects of social media and how people use it as way to show there best self. For example Goffman's concept of the self being similar to a stage can help describe the influence of social media and its influencers. While Cooley's idea of the looking glass self can help explain how people view there own post. Also both can explain some people only post there best moment or perfect self.As social media continues to grow it continue to be a way for people to express themselves. It will also be a way for people to judge others. I think that as social media continues it will create people trying to be perfect and not themselves as they view what other people see about them. It will also create unreal standards other will try to live up to as think its how they should act.