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The Power of Social Media

Social media has taken over the lives of many. It is a form of communication, knowledge outlet, and creative freedom. There has been numerous marvelous shortcuts, outcomes, and connections from social media. News can be quickly spread with efficiency, and it’s possible can talk to someone from across the world in an instant. Moreover, news and information on social media can deceive its users since fake information on social media spread just as quickly as authentic ones. In addition, a crippling social media addiction can get the best out of one’s mental and physical health, and can even cause an individual to lose their life over the internet. There are many positives and negatives to social media, but do the positives outweigh the negatives?

The purpose of social media is to communicate knowledge quickly and efficiently. Information shared on social media could be opinions, truthful facts, or untruthful lies. Users want to better control what they read on social media, and this is done through personal machine learning. For instance, Google AI tracks your interests and places ads of your passion to get your attention. Furthermore, social media allows for fads and trends to catch on, as there it is a form of creative freedom and for ideas to be shared. Unfortunately, social media can be an anonymous platform for users to cyberbully and insult others on the internet. Vulnerable young children, who are not aware of their situation, become victim of harassment and this abuse can lead to problems during their development. Problems such as trauma, mental illnesses, loss of trust, insecurities and being anxious. Young users of social media are easily manipulated, and their perception is heavily influenced by those in control of them online. In “Dear Evan Hansen” by Steven Levenson, social media was used as a way to spread the message and hope about Connor’s death. Alana and Evan use social media to spread awareness about The Connor Project, a plan to keep Connor’s memory alive at their school. Moreover, social media was also used to harass Connor and his family.

Social media has slowing transformed into a way to express yourself into a defining identity. The disconnect between the real world and the online world was blurry for many teenagers who grew up on social media. Most teenagers use social media to feel unique and make it a competition between their friends or strangers. Usually, they have high expectations and when those expectations aren’t met, it drains them emotionally. Then, most adolescents keep their emotions to themselves and overtime, they start to doubt their own capabilities. This is how teens develop anxiety and mental health problems, and it doesn’t help when most teenagers are addicted to social media. Eventually, teenagers who cannot find an escape begin to feel worthless and trapped, thinking that there is nothing better to do since social media is their life. Unfortunately, teenagers who spiral into depression from social media begin to make impulsive decisions. Sadly, suicide is an outcome for teenagers who feel trapped as a result from social media.

The use of social media and sleep deprivation go hand in hand. As people use their phones at night, the blue light from phones makes the brain believe that it is daytime and sleeping becomes more difficult. The lack of sleep builds up and can lead to physical and mental illnesses. Overall, social media has many positives, such as giving many a platform to entertain thousands of others. Social media has provided knowledge and data more efficiency than ever before. In contrast, social media has many downsides when you become addicted to it. Those to make social media their life have to be aware of the many consequences or else their frame of mind can become damaged.