

Research Critical Analysis

Jamaal Thompson

Outline

Research question: How does social media impact the self-perception of how people portray themselves online?

- I. Digging deeper into self-perception and how social media influence social status and personalities
 - A. Thesis statement: Social media negatively impacts the self-perception of people and how they portray themselves on the internet.
 - B. Positive/Refute: Allows people to find similar interests and connect with each other and not feel alienated
 - C. Negative: Envy and trying to be someone that they're not for online validation

- II. Usage of media from the middle ages to the 21st century
 - A. Shift from then to now - verbal communication to cyberbullying and online subs
 - B. How social media changed - initially made for connections, led to controversy and comparisons.
 - C. Introduction to new innovations- cell phones, smartwatches, bluetooth speakers
 - D. How these forms of media consume the mind and impact some people - addicted to media, leads to procrastination, programmed to derail one's mind, feel worthless comparing to another's life

- III. Topic 1: Social comparisons and self-esteem contributes to social anxiety
 - A. Claim: Social media impacts one's social anxiety when comparing themselves to others which leads to an increase in insecurities.
 - B. When one compares themselves to another it makes them feel a sense of neglect and denial in their community. This negatively impacts their social anxiety and social skills.

- C. Evidence: “Instagram provides various filters to edit and enhance photos, and the exposure to these idealized images of others can activate negative emotions, contributing to poor psychological well-being such as social anxiety”
- D. From the data, some people are more triggered from what they see on the media leading to envy and lack of approval.
- E. <https://journals.sagepub.com/doi/10.1177/2056305120912488>

IV. Topic 2: Instagram makes young female teens hate themselves and their appearance

- A. Claim: Teenage girls compare themselves to others which make them feel neglected and loss of self worth impacts their mental state.
- B. Young female teens felt insecure but with the use of instagram they felt depressed and emotional because of what they see others have and compare themselves
- C. “Teens blame Instagram for increases in the rate of anxiety and depression,”... “Among teens who reported suicidal thoughts, 13% of British users and 6% of American users traced the desire to kill themselves to Instagram”
- D. Instagram has created negative thoughts on young teens and made them feel worthless and suicidal.
- E. <https://www.wsj.com/articles/facebook-knows-instagram-is-toxic-for-teen-girls-company-documents-show-11631620739>

V: Unrealistic expectations

V. Topic 3: Positive body appreciation

- A. Rebuttal claim: Receiving positive body comments lead to an increase in self-esteem and self-worth portraying themselves highly and satisfied with themselves.
- B. High positive body appreciation ties to having high self-esteem and self-worth

- C. “People who have positive body image are accepting and acknowledging the individuality and functionality of their own bodies [26], which lead them to accept and appreciate their bodies unconditionally as they focus more on what their body can do than on how their body looks.”
- D. Results lead to people who have positive thoughts on their bodies to be more satisfied with their lives and contain high levels of self-esteem.
- E. <https://web-p-ebSCOhost-com.cCny-proxy1.libr.cCny.cuny.edu/ehost/pdfviewer/pdfviewer?vid=7&sid=bc8abf45-daa5-470f-ac4f-8c984c6563ce%40redis>

When you're on Instagram or TikTok have you ever had the tendency to compare yourself to someone who you envy? Ever questioned why they look a certain way, and you don't? Social media gathers data on what people find intriguing and programs them by creating a space of interests that the viewer enjoys.

Claims: unrealistic expectations, social anxiety, social comparisons

Rebuttal: