



# Social Media & Self-Perception

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# What is Self-Perception?

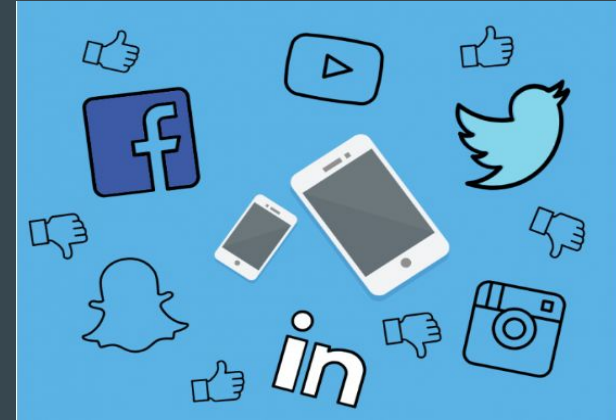
It's how a person's views of his or her self mental/physical traits which defines them . This POV uses knowledge of one's self or varying distorted idea of one self, this is known as self percept

(*APA Dictionary of Psychology*. [dictionary.apa.org/self-perception.](https://dictionary.apa.org/self-perception))



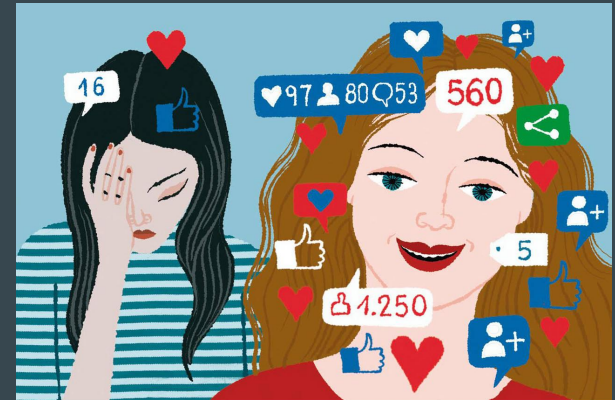
# How Self-Perception Relates to Social Media

- Toxic relationship
- Social media apps exert bad influence on some people as it leads to unrealistic expectations, social comparisons, and social anxiety
- When compare yourselves to unrealistic images on social media to what you believe you should look like, it causes dissatisfaction with one's appearance and self-perception
- By comparing yourself to others on social media it becomes an unintentional habit. Resulting in it negatively affecting your mental health.



# Social Comparisons

- Definition: The act of an individual comparing their skillset, features, outward/inward appearance, and overall identity to another person.
- 32% of teen girls had body dysmorphia because they were comparing themselves to different girls living better lifestyles than them and having body goals they wished to obtain (Wells, Horwitz, & Seetharaman, 2021)
- Social comparisons causes teens to compare themselves to others lowering their self-esteem.
- Unrealistic expectations



# Social Anxiety

- Definition: Social Anxiety is a disorder that causes excessive anxious behavior and fear around other people.
- Social Anxiety causes some people to feel fearful around others and disregarded online and in real life.
- Facebook users with social anxiety are hesitant about posting and revealing themselves to others in fear of being judged or presumed negatively by others (Alkis, Kadirhan, & Sat, 2017).
- it weakens their self-worth since they have to be precautious about any interactions online and in person creating doubt within themselves.



# Self-appreciation

- There are some people who appreciate themselves for who they're and don't desire attention from others online.
- Some people who have a positive outlook on their body image are more appreciative and accepting of themselves
- People who have high self-esteem and are more likely to perceive themselves positively and focus more on the capabilities of what their body can do than their outward appearance. (Khalaf, Al Hashmi, Al Omari, 2021)



# References

- (APA Dictionary of Psychology. [dictionary.apa.org/self-perception.](https://dictionary.apa.org/self-perception))
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- Yunus Alkis, Zafer Kadirhan, and Mustafa Sat. “Development and Validation of Social Anxiety Scale for Social Media Users.” Computers in Human Behavior, vol. 72, no.1, 2017, pp. 296-303, <https://doi.org/10.1016/j.chb.2017.03.011>. Accessed 14<sup>th</sup> November, 2022
- Khalaf Atika, Al Hashmi Iman, and Al Omari Omar. “The Relationship between Body Appreciation and Self-Esteem and Associated Factors among Omani University Students: An Online Cross-Sectional Survey.” *Journal of Obesity*, 2021, pp. 5523184–5523188. <https://doi.org/10.1155/2021/5523184>. Accessed 14<sup>th</sup> November, 2022

A surrealist painting by René Magritte. The background is a wall with a repeating pattern of eyes. In the foreground, the back of a man's head and shoulders is visible; he has a large, smooth, light-colored head and is wearing a dark suit jacket. To his right, a framed picture hangs on the wall. Inside the frame, a hand holding a silver fork is positioned where a face would be. The hand and fork are rendered in a light, almost white color, contrasting with the dark suit and the patterned background. The text 'Thank You' is written in a white, serif font across the center of the image, with three white dots below it.

Thank You

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