

10/19: Yu, A. - RCA Outline

Thursday, October 20, 2022 5:33 PM

Question: How does the use of social media affect adolescents?

I. Social Media

a. Social media definition

i. "Websites and computer programs that allow people to communicate and share information on the internet using a computer or cell phone" (

ii. Types of applications:

- 1) Instagram
- 2) Snapchat
- 3) TikTok
- 4) Reddit
- 5) YouTube

b. Talk about social media addiction

i. Occurs when a person uses social media to the point where it causes negative problems in our lives

ii. Linked to mental health issues, such as anxiety and depression

c. What is addictive about social media?

i. Looking for information

ii. Sharing/posting ourselves with other users

iii. Entertainment (viewing posts/videos via Instagram, TikTok, or YouTube)

d. Types of people that are affected by social media

i. Adolescents (aged 10-18)

ii. Young adults (aged 19-21)

iii. Adults (aged 21 until mid to late 50s, years of age)

e. State thesis statement: With social media evolving, adolescents will have more negative effects, such as self-image comparisons, cyberbullying, or sleeping problems.

II. Historical viewpoint of social media

a. Social media started back on May 24 of 1844

i. electronic dots/dashes were tapped out by hand via a telegraph machine (

b. How has social media evolved over the years?

i. Telegraph machines (words/phrases tapped out by hand); this was before the creation of the internet

ii. Eventually, over the years, social media evolved to the apps/websites we all know today

c. In 2019, the Pew Research Center reported that 72% of Americans adults used some form of social media.

d. LinkedIn was the first social platform founded in 2002

e. Blogs were popularized around 1999

f. 2003: MySpace was launched to the world

g. 2012: Alphabet (Google's parent company) launched Google+ but was discontinued in 2018, due to a data security breach

h. 2005: Reddit was launched, and most recently, in 2016, Chinese company (ByteDance) launched TikTok to the world

III. Positive aspects of social media

a. Voicing own opinions on social platforms

b. Self-validation/positive feedback

c. Reducing loneliness

IV. Negative aspects of social media

- a. Comparisons of self-image to influencers/low self esteem
- b. Online harassment (Cyberbullying)
 - i.

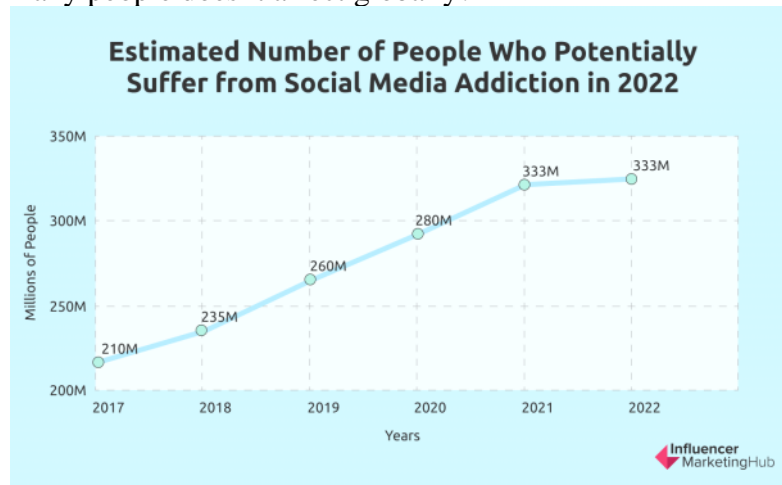
Between 10% and 40% of adolescents reported being cyberbullied.	
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- c. Anxiety/depression
- d. Isolation
- e. Fear of Missing out (FOMO)
- f. Sleeping problems can occur with more usage
- g. Less physical activity/activities
- h. Lower grades in school/university as well as work performance
- i. Real life relationships (family, friends, coworkers, classmates) are ignored/lost

V. What leads to social media addiction?

- a. Scrolling video after video or post after post
- b. Spending hours scrolling
- c. Dopamine signals
 - i. Design of the application(s)
 - ii. Logo/app colors

VI. Statistics about social media addiction

- a. How many people does it affect globally?



- i.
- ii. This year alone (2022), around 333 million people are addicted/suffer from social media addiction

- b. Between 10% and 40% of adolescents reported being cyberbullied.
- c. On average, people spend at least 2 and 1/2 hours each day on social media
- d. 3.8 billion social media users around the world

VII. Effects of social media addiction

- a. Eating disorders
- b. Depression/anxiety
- c. Isolation/loneliness
- d. Broken relationships with family and friends

VIII. Ways to combat S.m addiction

- a. Go out and do some sports activities
- b. Utilize the screen limit time/screen time setting or feature in your phone settings
- c. See friends/family in person (when possible)
- d. Delete social media applications off your phone or turn off your phone during work hours
- e. Leave devices out of your bedroom

IX. Conclusion

- a. Restate thesis
- b. Recap on what was talked about in this research paper with different sentence structure
 - i. Statistics

ii. Ways to reduce usage

Research articles:

- I. <https://medium.com/cod-social-media-as-news/addiction-or-socialization-social-media-addiction-among-teenagers-544da29a668b>
- II. <https://www.healthline.com/health/social-media-addiction#how-is-it-addicting>
- III. <https://www.newportacademy.com/resources/mental-health/teens-social-media-addiction/>
- IV. <https://nypost.com/2022/09/17/how-social-media-is-literally-making-teens-mentally-ill-doctor/>
- V. <https://www.cbsnews.com/news/social-media-addiction-teens-enter-rehab-paradigm-malibu/>
- VI. <https://online.maryville.edu/blog/evolution-social-media/#history>
- VII. <https://anacanhoto.com/2019/02/07/the-short-vs-long-term-effects-of-a-social-media-crisis/>
- VIII. Allen, Kelly A., et al. "Social Media Use and Social Connectedness in Adolescents: The Positives and the Potential Pitfalls." *The Australian Educational and Developmental Psychologist*, vol. 31, no. 1, 2014, pp. 18–31, <https://doi.org/10.1017/edp.2014.2>.
- IX. <https://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/teens-and-social-media-use/art-20474437>
- X. <https://www.washingtonpost.com/outlook/2021/07/19/social-media-addiction-social-science/>
- XI. <https://influencermarketinghub.com/social-media-addiction-stats/>
- XII. <https://www.iberdrola.com/social-commitment/impact-social-media-youth>
- XIII. <https://www.healthline.com/health/social-media-addiction#decreasing-use>
- XIV. <https://dictionary.cambridge.org/us/dictionary/english/social-media>
- XV. <https://www.washingtonpost.com/news/retropolis/wp/2017/05/24/before-there-was-twitter-there-was-morse-code-remembering-social-medias-true-inventor/>
- XVI. <https://www.addictioncenter.com/drugs/social-media-addiction/>
- XVII. <https://www.sleepfoundation.org/how-sleep-works/sleep-and-social-media>
- XVIII. <https://relationadvisors.com/positive-effects-of-social-media-on-teenagers/>
- XIX. <https://www.webmd.com/eye-health/blue-light-health>
- XX. <https://www.makeuseof.com/tag/negative-effects-social-media/>
- XXI. <https://health.ucdavis.edu/blog/cultivating-health/blue-light-effects-on-your-eyes-sleep-and-health/2022/08>