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Report on Research in Progress

 My Research Critical Analysis essay, so far, is in the drafting process. The topic of my RCA Essay was, “How does social media addiction affect adolescents?” I found more negative aspects or downsides on my topic than positives. For many of my sources, instead of using Google Scholar or the CCNY Library Database, I went online to Google and searched for my articles there, instead. Even though there were more negatives, I also explored the positives of social media.

 One of the sources that I plan on using is titled, “How blue light affects your eyes, sleep, and health” from UC Davis Health. In this article, the authors discuss about blue light and why it is harmful to anyone using their phones all the time. Surprisingly, there are health benefits to blue light, including, boosting memory function and mood uplifting. As mentioned previously, blue light is harmful to us, with 59% of adults having symptoms of digital eye strain. Vision problems occur, such as macular degeneration, cataracts, or even eye cancer. Blue light can also affect sleeping at night, with developing type 2 diabetes, cardiovascular diseases, or sleeping problems. Additionally, this article talks about blue light filtered glasses and how they can help with eye strain and wearing them can help with falling asleep. Ways to reduce blue light is discussed in this article as well, with following the 20-20-20 rule as well as using blue light filter setting on your devices.

 Another article that I plan on using is titled, “The Evolution of Social Media: How Did It Begin, and Where Could It Go Next?” This article discusses how social media became to be, with dots and dashes being tapped out in 1844. The various forms of social media applications were also discussed. I feel like the history of social media should be included as media is a big topic and people should know more about how social media started/where it originated. According to Maryville, “The first electronic message from Baltimore to Washington, D.C., proved Samuel Morse understood the historic ramifications of his scientific achievement…” How businesses used social media was also discussed, with various companies using social media to generate leads and increase conversions and increase brand awareness.

 A source that I decided on not using and am discarding is titled, “Social media addiction: Teens leave rehab with a sense of ‘power’.” I have ultimately decided on not using this because I felt like it did not relate to my topic, even though it talks about how some kids go through rehab to change themselves for the better. Although this is a CBS News article, the article had very little statistics to go by and did not cite where they had gotten their information from. This article was published in 2018, and I wanted to get statistics from a more recent year, like 2021 or 2022.

 So far, I am missing evidence for the research I have listed on my outline as well as in-text citations from my sources. I will need to find more research and information on the positives of social media, then elaborate about it in my essay. With the blue light issue, I should find much more information and discuss about it further. Additionally, I should focus on adding more in-depth information on the historical perspective of social media, as I feel it is very lackluster at the minute.