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Monitor Social Media Before it is Too Late

 Social media are beginning to take over the world with many new devices being made to access the social media. The social media world opens a major concern to many people because of all of the negative things that happens on it. People of all ages are targeted by cyber bullying at some point in their life. Social media can also cause a variety of mental illnesses such as anxiety and depression. Many people suffer from these mental illnesses because of things that they see or read on social media. Social media can also cause negative peer pressure which can lead to dangerous activities or the start of bad habits. Many people see things made famous on social media as “cool” so they go and try it themselves which can have a negative outcome. Social media should be monitored more strictly because they open up the possibility to cyber bullying, may provide peer pressure, and can cause mental health issues for users.

 Social media are known world-wide for a huge problem to all users which is cyber bullying. Cyber bullying occurs whenever a victim is targeted and bullied behind a computer screen or a phone screen. The bully uses the social media because they can be anonymous or because they cannot be physically harmed behind the screen. Although cyber bullying happens behind the screen, “it has been associated with face-to-face confrontations… and physical altercations” (Garett et al 1). This can cause many people to be afraid to go out in public because they do not want to be confronted physically. People may already feel very nervous by getting bullied online but the problem being brought to real life can make it even more scary. Research shows that “a majority of students… reported that they were cyber bullied at least twice during the past year” (Garrett et al 1). This shows how people are targeted more than once by bullying on social media which is not safe. Cyber bullying continues to grow “with the increasing penetration of networked computers and mobile phones” (Smith 376). The more, new social media and phones that come out, the more frequent cyber bullying is going to occur. This is very dangerous because “cyberbullying… has become a significant public health concern that can lead to mental and behavioral health issues and an increased risk of suicide” (Garrett et al 1). Social media cyber bullying can pose a serious threat to users and make them feel in a very bad way.

 Another big problem social media can cause are mental health issues on users of the social media. Research has been conducted and it [shows] a link between spending extended time on social media and experiencing negative mental health outcomes” (Zagorski 1). Using social media frequently can cause people to start getting mental illnesses such as depression or anxiety. Researchers have explored the different issues of social media and have found that “prolonged use of social networking sites (SNS), such as Facebook, may be related to signs and symptoms of depression” (Pantic 1). The depression can be caused from seeing different things that make the user feel uneasy or sad about what was posted. Researchers have also discovered that increased time spent [on social media] is related to a decline in communication with family members, as well as the reduction of the Internet user's social circle, which may further lead to increased feelings of depression and loneliness” (Pantic 1). This is another reason that can cause the user to feel depressed and even lonely. Many people start using social media so often that they do not communicate with their families through telephone or whenever they see them. At family events, social media is the prime thing being done today. Everyone sits on their phone in a living room together but barely exchanges any words. Anxiety is also caused on social media for a variety of reasons. One of the causes of users expressing anxiety is the user “trying to keep up with the rules and culture associated with each one” (Zagorski 1). Because there are so many different social media, it is very stressful for users to remember how to use each one. Social media should be carefully watched when used because of the different mental illnesses that can come along with it.

 Social media can provide peer pressure for people of all ages which can be very harmful. Many people watch performers on social media do “cool” stunts and risk their lives on the social media app. They see the people getting praised for it so it makes it a motive for them to try it out. Researchers have looked into peer pressure on social media and they have found “that increased levels of exposure to risk-glorifying media are associated with increased levels of risk-taking in- clinations and actual risk-taking behaviors” (Fischer et al 700). This shows that there is definitely a relation between peer pressure and social media that causes people to take risks in their daily lives. Peer pressure on social media can also cause people to start bad habits that they will not be able to stop easily later on in life. These bad habits start when people “[view] images of smoking on [social media] and [start] to smoke” (Fischer et al 700). The advertisements that are put on these social media for people to see show that cigarettes will take all of your stress away. Many people cope with stress in their lives and this will often sound like an answer to their problems. The advertisements pressure them to try a cigarette to relieve their stress. Once they start smoking them, they will often not be able to stop. Social media should be monitored and made where risky activities and pressuring advertisements cannot be accessed by the public.

 Social media have so many negative aspects included within the different apps. Many of them show negative or bad things which everyone can access no matter how young or old they are. It provides a great environment for people to be targeted as a suspect for bullying since they are hidden behind a screen. Many people can suffer from mental illnesses because of social media and the cyber bullying that occurs online. The mental illnesses such as anxiety and depression can also come from the chaos online that does not deal with cyberbullying. If the social media was monitored more effectively, many of these mental illnesses could be greatly reduced. Peer pressure is also a big problem that needs to be monitored online because of the crazy stunts people perform then post online. These certain activities should not be able to be seen because they give people ideas of things that they can do for attention. Social media need to be monitored more effectively so that cyber bullying occurs less, mental illnesses are decreased and so people cannot be peer pressured into doing the wrong things.

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