Negative Effects of Social Media

Name:

University:

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Bryan, R.M. (2013). *Status Update: The effect of social media on voter participation.* **State University of New York at Buffalo.**

The book examines the link between social media and total voting turnout. The detailed analysis illustrates how social media fits into the rational choice model and how it has advanced in the model. The book's author recognizes that social media in today's culture is unavoidable and quickly spread amongst individuals; as a result, it impacts an individual's perspective of politics. Over time, social media material has had an impact on the population as a whole. The book's target audience consists of academics and researchers who attempt to showcase the link between online social media and voter engagement. Recognizing social media, which opens up new opportunities for disclosure and impact, brings a special touch to the text. The book is important to researchers as it critically examines the connection between social media and voter engagement. The book's content is likely to assist in expressing and explaining the effects of social media on elections. The data also provides an in-depth knowledge of how emerging social media platforms will introduce new impacts on voter participation.

Perse, E. M., & Lambe, J. (2016), *Media effects and society.* **Routledge.**

The book provides a thorough examination of media influences, as well as a theoretical framework for understanding its effects on society and people. The book's writers begin by assuming that media impacts are unappreciated and widespread throughout society. The book discusses media influences such as teenage and child socialization, media learning, influence on public opinion and voting, explicit and violent media content. To comprehend the effects of media, the writer has proposed physiological and content-based hypotheses by showing how

ideas may be utilised to guide future studies on media is induced by increasingly advanced technology development.

The book is intended to show how social media impacts researchers and academicians which is thorough and based on theoretical truths; making it believable for study and use. The book is also distinct in that it is entirely based on theoretical ideas which are relevant for research purposes since it thoroughly describes how people's relationships with media are formed, as well as their impacts; which helps people avoid harmful consequences and embrace positive ones. The material in the book can be used to discuss the negative consequences of media effects, to comprehend them, and propose theoretically-based strategies to prevent them in the future.

Alzahrani, S., & Bach, C. (2014). Impact of social media on personality development.

International Journal of Innovation and Scientific Research, 3(2).

The influence of "Seeking behaviour" on teens is discussed by Alzahrani. The primary motivation for using social media is to connect with others, but there are other variables at play, such as the need to be socially accepted. This is why many social media users are always updating and posting on various platforms so that guest friends get more popularity and enjoy it. If friends do not react to them, there is a propensity of heightened negative self-esteem among the dormant users.

In the contemporary social media landscape, the "likes" are regarded as a sign of acceptance. On the other hand, unrealistic expectations cause sadness and anxiety in teenagers and have an impact on their personality development. It is also tempting for people to compare their life to the "ideal" lives of their peers. Social media has not only produced mental health problems, but also physical ones since it has resulted in poor sleep quality, anxiety, and personality

problems among others. However, the requirements for how young people should look unreal have seldom been attained. Unrealistic social media expectations are often the cause of sadness and anxiety among young people. Almost often, social media affects the personal development of youngsters. As a result, the article encourages adults to strive to teach their children that looks can be deceiving as they do not necessarily reflect a person's worth. The authors contend that youngsters are also encouraged to engage more in extracurricular activities outside of social media platforms. This will help reduce loneliness, depression and unhappiness resulting from the many hours spent on social media.

Whatson & Slawson, D.C. (2017). Social Media Use and Mood Disorders: When is it Time to unplug? *American Family Physician, 96(8), 537-539.*

As an illustration of how social media influences people, this article provides its analysis through the social media perspective by depicting a moody woman. She often compares her life with her posts on Facebook, which makes her unhappy. In her social media battle, she is not alone. The book argues that people believe they have to keep connected to social media so that they do not feel left out. The fear of being left out of exciting or interesting events happening around is often provoked by people's posts on their social media platforms. This anxiousness not only generates mental issues but also bodily effects. Such feelings have negatively affected the health of many people thus resulting in sleep fluctuations, over-anxiousness, sadness and feelings of being irritable most of the time. People must be aware of these signs in order to minimize the usage of social media.

Kelsh, C. (2015). How social media influences Millennials' political views. *Journalist's Resource.*

This article discusses how social media might affect the political opinions of millennials especially considering that the millennials are the most diverse and educated generation today. The usage of the internet and social media is a significant part of what sets this generation apart. They comprise the very first of their kind to have grown up in the advent of such technological advancements. Generation Y has increased access to political knowledge because of social media. According to the article social media allows individuals to actively participate in politics by allowing them to communicate directly with community leaders and even their employees and colleagues.

The University of Hawaii performed research in which the majority of individuals indicated that internet habits impact their beliefs. College students also indicated that they looked at the Facebook profiles of political candidates and formed their opinions based on what they observed. According to the survey, college students are more likely to access political information rather than seek it out. Given that people get their information from the internet, what they see on the internet has an impact on their opinions. The usage of social media affects the social connection and development of identity in young people. The degree of comfort with the usage of social media grows more generational. Increased usage of social media has prompted worries for internet users' physical and mental health especially because teenagers prefer to use digital media for the most part.

References

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