

‘in the 21st century, the rise of social media means that ones’s sense of self is now more unstable than ever’

Detrimental effects that social media have on an individuals health

- It has been proven that the rise in the use of social media has caused psychiatric disorders, meaning it has had detrimental effect on ones mental health
- Social media isolates people from the outside world, restricting them for communicating in real life, this then leads to cases of depression and loneliness
- Many individuals turn to social media when they are feeling down, but more often than not, many other individuals are enduring the same feelings. This results in a community of individuals are all dealing with mental health issues.

how has social media highlighted the difference between the young generation and the elderly

- Many elderly individuals find it hard to understand the concept of social media, and therefore they get frustrated, in more serious cases this can lead to them feeling worthless, where as the younger generation are able to adapt and use social media effectively, this makes them feel like they have power over the elderly.
- The young generation now find it hard to create a strong bond with the elderly, because they don't endure the same interest.
- Many of the older generation perceive the younger generation as arrogant or rude, as most of them are now glued to their phones, this makes the elderly feel unwanted.

Has social media increased the misuse of alcohol and drugs

- Social media has exposed many younger individuals to the misuse of alcohol and drugs, this has increased their vulnerability. Younger individuals are naïve and therefore are very likely to try the most popular drug or alcohol trending on social media.
- Social media can sometimes be used as a learning platform that provides useful information for people of all ages, but it's not certain to have the right effect on certain individuals.

Has the rise in social media use, caused more cases of online grooming and abuse

- Online grooming has become a major concerns since the rise in social media use. More young individuals have become vulnerable and open to paedophiles.
- In many online grooming cases, the individuals who are mis led and abused are left feeling unstable and are too scared to meet new people in the future.
- Online grooming has a detrimental effect on the individuals, making it hard for them to trust people close to them. More often than not they isolate themselves from others, which can then lead to depression.

Social media's role in pressurising individuals to look a certain way.

- Social media is known for creating a perception of a 'perfect person' when in reality there isn't. Many people feel pressurised to look a certain way, due to the unrealistic celebrities who share only their best bits of life on social media.
- We as individuals compare ourselves to others daily, this is a continuous habit in our lives, but this habit can affect people in different ways. Many individuals blame themselves for not looking or behaving in a certain way, therefore portraying themselves as different or worthless.

references

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