

Individuals and Groups in Society (SJSI5018) – Assignment 2

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



What is one's sense of 'self'?

- To have a sense of self an individual must have unique thoughts, emotions and behaviours while being independent from their families and friends.
- You must include certain roles, attributes and associations that are thought of as important and a part of yourselves.

(Virtual Lab School, n.d.)



An example

If you were raised in a: -

- Encouraging/nurturing environment

Then...

- You are more than likely to be more accepting/self-confident

But...

If you were raised in a: -

- Non-supportive/negative environment

Then...

- Difficult to discover who you are/lack of acceptance

(Virtual Lab School, n.d.)



Social Media

- Social media has developed over the years – developing from a small personal web pages to a mass communications network.
- A side affect of social media is the amount of time that individuals spent on their phones and computers.

(Ganda, 2014)



- Social media consists of many different types, such as: -
- Social Networks (facebook, Twitter)
- Media Sharing Networks (Instagram, YouTube)
- Discussion Forums (Reddit)
- Blogging/ Publishing Networks and more.

(Kakkar, 2018)



- Social media is known to be a factor that can cause anxiety and low-self-esteem.

(Mirkin, 2017)

- Adolescents is a period where individuals established clear and concise sense of their identity.
- Younger adolescents may be particularly vulnerable when their capacities are still developing, and they are beginning to move outside the confines of their families.

(World Health Organisation, 2019)



- Adolescents that suffer from anxiety or low-self-esteem as a result of social media are at risk of socially isolating themselves.
- Which can make their development of identity more complex.

(Mirkin, 2017)



- Social media has a 'dark side' that can consume you – your time, focus and emotional energy.
- It becomes an addiction.

- An example: -

Similar to gambling – when 'winning' likes and comments on their posts – it can raise their self-esteem levels.

(Fakkert, 2019)



- According to Jennifer Margulis in Fakkert's (2019) article in The Epoch Times said that: -

'we've seen statistically significant uptick in suicide rates among young adults and I personally know of two young men who committed suicide in the last two months. Both of those young men were struggling with overuse of gaming and of social media.'



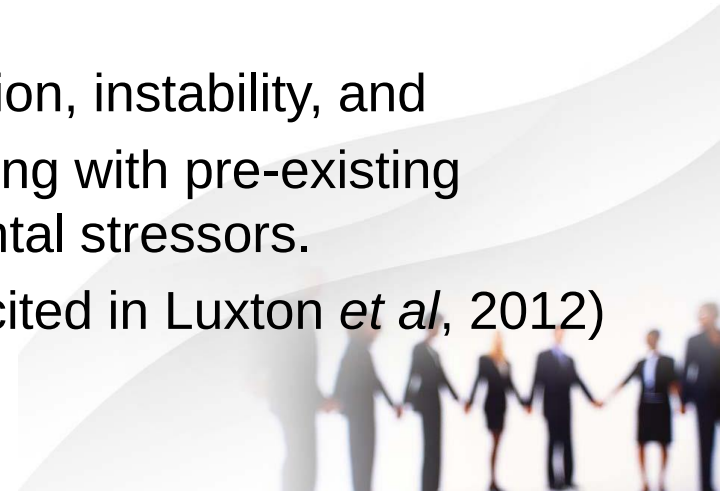
Cyberbullying

- According to Hinduja and Patchin reported a survey that 2,000 middle school children in America indicated that victims of cyberbullying would attempting suicide than those who are not.

(Hinduja & Patchin, 2011; cited in Luxton *et al*, 2012)

- And that although cyberbullying cannot be the only cause of adolescents and young adults to commit suicide
 - It is one of the risks that feed into isolation, instability, and
 - The feeling of hopelessness while dealing with pre-existing emotional, psychological or environmental stressors.

(Hinduja & Patchin, 2011; cited in Luxton *et al*, 2012)



Suicide

- Suicide rates have doubled among teenagers since 2011.
- The increasing numbers are a growing concern with the impact that social media has on young people minds.
- And further research notes that British children are the unhappiest when it comes to social media playing a part.

(Barrie, 2019)



- In 2018, 6,507 suicides were registered in the UK.
- The numbers have increased among the under 25s – particularly in females from 10 to 24-year-olds.
- Highest levels with 3.3 deaths per 100,000 females in 2018.
- Overall in previous years, the common methods of suicide in the UK was – hanging.
 - 59.4% among males.
 - 45.0% among females.

(Office of National Statistics, 2018)



- The number of teenage suicides in England and Wales have increased by 67% between 2010 and 2017.
- The Independent stated that the Office of National Statistics had released figures showing in 2017 that 187 people under 19 took their own lives.

(Khan & Bulman, 2018)



How can you prevent a negative sense of 'self'

- According to Mark Ylvisaker, a researcher in communications disorders – there are 7 types of experiences that can help in creating a positive sense of 'self': -
 - *'Acceptance and respect*
 - *Success with meaningful tasks*
 - *Association of positive role models*
 - *Honest feedback*
 - *Genuinely challenging and meaningful tasks*
 - *Opportunities for meaningful peer interaction, and*
 - *Coping with defeats.'*

(Ylvisaker, 2006)



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