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Social Media and Self Esteem

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Overtime social media has grown in so many ways and has had a huge impact in our society that it plays a role in our daily lives. Think about it, has there been a day that you don't check your Instagram, Twitter, Snapchat etc. For many of us social media is our source used to get the latest news, it's fast and easy. Also convenient. Social has also become more advanced to the point its some people's source of income, people live off making Instagram videos. It's so powerful that some people start off their own businesses by posting about it online



People are so brainwashed by social media that sometimes we forget it isn't real. You can easily post anything you want literally anything. And many times we are fooled by what is posted on online . In a short article write Rae Jacobson talks about social media and self doubt. In the article a 16 year old named Sasha describes what she's seen when she is scrolling through her Instagram feed. "pretty coffee, pretty girl, cute cat, beach trip. It's all like that. Everyone looks like they're having the best day ever, all the time." People can easily make it seem they're having the time of their life or are living a perfect lifestyle by posting one picture but what we fail to realize it's easy to do that in just one click of a button. Social media sets these standards for people that if you're aren't posting certain pictures or living a certain lifestyle you aren't happy. This starts to mess with people's confidence because some of us cannot afford to wear the latest sneakers."With social media, teens can curate their lives, and the resulting feeds read like highlight reels, showing only the best and most enviable moments while concealing efforts, struggles, and the merely ordinary aspects of day-to-day life. And there's evidence that those images are causing distress for many kids". Teens spent a lot some even most of their time on social media and being exposed to this content does more good than bad. It starts to mess with them mentally, they are start to compare themselves to others online and start to believe or question if they themselves are good enough. And that's the problem we shouldn't be comparing ourselves to others we see online because it isn't real and they aren't you, no one is you. In another article about the effects social media has on mental health menton a study done a few years. Showing that the use of Facebook was "linked to less moment to moment happiness and less life satisfaction". We are so caught in this social media lifestyle we forget how to live our real lives.

<https://childmind.org/article/social-media-and-self-doubt/>



<https://www.forbes.com/sites/alicegwalton/2017/06/30/a-run-down-of-social-medias-effects-on-our-mental-health/>

<https://www.youtube.com/watch?v=JH5bC-SLvb4>

In the link above French TV star Leslie Coutherand talks about our social media addiction that people have. She shares her awakening and also mentions the truth about a self-absorbed social media lifestyle. She talks about how she wanted to pursue a career in acting, go to hollywood and start her dreams of being an actor. She was looking for fame and fortune but it didn't turn out to be what it seemed. " I felt as though these dreams I was chasing, they weren't mine. They've been placed on me conditioned in me." this part of the video really stood out to me because sometimes we think we want something because we see it online. And we see how it makes other people happy, but are they really happy. People put up a front for social media and only share the good things going on in their life, but no really shares the struggles that it took them to get where the are. Because of the way she grew up not getting attention and not feeling good enough Leslie turned to what she saw online and on television. And she noticed "the more people had celebrity, beauty and possessions, the more they were respected." This also stood out to me because a lot of people look up to celebrities like Kim Kardashian for example because of her style, and because for her 'perfect' body. But it isn't real which is why we shouldn't be stuck on or worried about things like "why don't I look like that?". It isn't real. Social media makes the mistake of giving more attention and praising celebrities like Kim Kardashian, not to shame her or anything, but who is someone that has bought her looks that many of us especially young women cannot afford. We start to believe that we have to look a certain a way or post certain pictures likes nudes, so that we can get a guy to like us. Which isn't right at all.

People need to stop spending so much time on social media and more time loving themselves. Although social media has some benefits it also has its cons. Mental health and working on your self confidence is way more important than the amount of likes you got on your last photo on Instagram or how many views you have on Snapchat.

