Your Name

Instructor Name

Course Number

Date

**Effect of Social Media on Teens**

Social media has taken hold of our lives by becoming an essential component of our daily routines which governs most of our actions (Amedie). Studies have reported that this excessive domination of social media in our daily lives has contributed to the prevalence of mental health issues in the population. Evidence suggests that teens who spend an excessive portion of their day on social media such as Facebook, YouTube and Instagram, etc. are reported to have an elevated ratio of depression and anxiety i.e. thirteen to sixty six percent as compared to those who do not spend much time on a social media (Keles et al.).This paper will explore the possible reasons why excessive social media use promotes the incidence of depression and anxiety in teens.

Social media has made teens greedy for “likes” on social media. This has resulted in the inclination of teens towards making choices that do not define them instead defines the society. They alter their daily life activities, appearances, and even their behaviors for social acceptance. However, a greater percentage of the teenage population is aware that social media is only showing the part of the big picture, which actually may not be what it looks like, still they compare various aspects of their life with others under peer pressure. (“Lots of Time on Social Media Linked to Anxiety, Depression in Teens”). Moreover, through the excessive use of social media, people are more prone to the risk of cyberbullying which increases the incidence of depression and anxiety often leading to suicide attempts. Another reason is that due to the limited privacy, teens are inclined to gather the excess amount of fake friendships which increases the risk of cyberbullying. Furthermore, less face to face social interaction and increased online meeting hinders the development of the genuine connection between various relationships such as family and friends which often leads to a lack of empathy and compassion (“Social Media and Teens”).

All of these factors are possible candidates for the prevalence of depression among teens. Teens must learn to keep a balance between their time spent on media and face to face meetings to overcome the feelings of depression and anxiety.

**Works Cited**

Amedie, Jacob. “The Impact of Social Media on Society.” *Advanced Writing: Pop Culture Intersections*, Sept. 2015, https://scholarcommons.scu.edu/engl\_176/2.

Keles, Betul, et al. “A Systematic Review: The Influence of Social Media on Depression, Anxiety and Psychological Distress in Adolescents.” *International Journal of Adolescence and Youth*, vol. 0, no. 0, Mar. 2019, pp. 1–15. *Taylor and Francis+NEJM*, doi:10.1080/02673843.2019.1590851.

“Lots of Time on Social Media Linked to Anxiety, Depression in Teens.” *US News & World Report*, https://www.usnews.com/news/health-news/articles/2019-09-11/lots-of-time-on-social-media-linked-to-anxiety-depression-in-teens. Accessed 30 Nov. 2019.

“Social Media and Teens: How Does Social Media Affect Mental Health?” *Psycom.Net - Mental Health Treatment Resource Since 1986*, https://www.psycom.net/social-media-teen-mental-health. Accessed 30 Nov. 2019.