

Annotated Bibliography

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Introduction

The topic chosen for this paper is the impact of social media on mental health, specifically teenagers. Social media has become ubiquitous in modern life, with users spending an average of two hours per day on platforms such as Facebook, Twitter, and Instagram. While social media can have some positive effects, such as providing a space for self-expression and connecting people from around the world, it also has a number of negative impacts on mental health. One study found that spending more than two hours per day on social media is associated with increased rates of anxiety and depression, particularly in teenagers. This is likely due to the fact that social media encourages comparison and can cause feelings of inadequacy. In addition, social media can be addictive, leading to decreased self-control and heightened anxiety levels when users cannot access their accounts.

Thesis: Social Media has become a significant part of human life, and it is negatively impacting the mental health of teenagers, destroying their self-esteem, willpower, and minds.

Annotations

Amedie, J. (2015). The Impact of Social Media on Society. *Pop Culture Intersections*.

https://scholarcommons.scu.edu/engl_176/2

The article, *The Impact of Social Media on Society*, is written by Jacob Amedie, Santa Clara University. The purpose of this article is to explore the adverse effects that social media has on individuals. It is argued that social media can lead to emotional and psychological problems, addiction, and criminal activities. This is based on evidence from various research studies that have been conducted by scholars in different environments. It is used in our research

to develop a connection between social media and society, how it can be harmful to individuals in a number of ways and should be used with caution.

Best, P., Manktelow, R., & Taylor, B. (2014). Online communication, social media, and adolescent wellbeing: A systematic narrative review. *Children and Youth Services Review, 41*, 27–36. <https://doi.org/10.1016/j.chidyouth.2014.03.001>

Online communication, social media, and adolescent wellbeing: A systematic narrative review is taken from the Children and Youth Services Review Volume 41, June 2014, Pages 27-36. It is written by Paul Best, School of Sociology and Applied Social Studies, University of Ulster; Roger Manktelowac, School of Social Work, University of Ulster, Jordanstown Campus; Brian Taylor, School of Sociology and Applied Social Studies, University of Ulster. This article provides a comprehensive review of current research on the effects of online communication and social media on the mental well-being of adolescents. The benefits and harms of online technologies are explored. The article provides a valuable overview of the current state of research in this area and highlights the need for further robust causal research. It is used in the paper to research the effects of social media on mental health and the minds of adolescent and to what extent does the impact go.

Freitas, D. (2017). *The Happiness Effect: How Social Media is Driving a Generation to Appear Perfect at Any Cost*. Oxford University Press.

The Happiness Effect: How Social Media is Driving a Generation to Appear Perfect at Any Cost is a book written by the author Donna Freitas. The book explores the darker aspects of social media and explains how virtual and displayed happiness and satisfaction can be misleading. It also discusses how great the pressure to appear perfect and have a perfect life online can cause depression and anxiety in individuals while lowering self-esteem and leading

them to have unsatisfactory real lives. This book is used as a source in our paper to develop a connection between social media and the lives of adolescents. It shows us how social media lowers self-esteem and destroys willpower along with the mental health of individuals.

Buckingham, D., & Bragg, S. (2004). *Young People, Sex and the Media*. Palgrave Macmillan UK. <https://doi.org/10.1057/9780230508637>

The authors of the book, David Buckingham and Sara Bragg investigate children's interpretations of sexual content in films, TV, and social media and how they and their parents respond to public concerns about these issues. It offers a clear overview of the topic and is a valuable resource for anyone interested in the effects of the media on young people's development. The book is essential for our research as it enables us to establish a connection and study the influence of social media on the young and impressionable minds of adolescents. It also provides a perspective of the parent's on the integration of social media into the lives of their children.

Cookingham, L. M., & Ryan, G. L. (2015). *The Impact of Social Media on the Sexual and Social Wellness of Adolescents*. *Journal of Pediatric and Adolescent Gynecology*, 28(1), 2–5. <https://doi.org/10.1016/j.jpag.2014.03.001>

The Impact of Social Media on the Sexual and Social Wellness of Adolescents is written by Lisa M. Cookingham MD, and Ginny L. Ryan, MD, MA, belonging to the Department of Obstetrics & Gynecology, University of Iowa Carver College of Medicine. The purpose of this article is to explore the negative impacts that social media has on the sexual and social wellness of adolescents. The authors conducted a literature review and found that social media can lead to low self-esteem, body image issues, and risky sexual behaviors. They also argue that social media can have real-world consequences for adolescents, such as decreased academic

achievement and mental health problems. This article was used in our research to study the variables involved in lowering self-esteem due to social media. The study helped us analyze in detail the deeply rooted social media problems relating to humans perception of themselves.