

# The effect of social media on self esteem

By Alexa Jansen

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## Abstract:

My project includes a survey I created on SurveyMonkey that would help me find out if social media affects self esteem. The reason that I chose to do this project is because I know that many people's self esteem has been a big part of them and I wanted to know if social media is one of their problems that they could try to control easily. I found that a lot more time is spent on social media with the younger groups than the older groups which isn't shocking because social media didn't come out for most of the older groups lives. I also found that because the younger people spend more time on social media that their results show they are not very encouraged or happy because of social media.

## Introduction:

Many people's self-esteem can cause their everyday moods to be negative or positive. Self esteem is based on how people value themselves and these day not many people value themselves. It is estimated that about 85% of people worldwide have low self esteem. Self esteem can be linked to violent behavior, school dropouts rates and low academic level.

Social media is a massive topic. There are so many platforms that fit in this category like Facebook, Twitter, Tiktok, Instagram and many others. Social media is used by many ages all around the world but the age that uses social media the most is the younger generation because the older generations got social media later in life and the younger generation grew up with it. Because social media is used more by younger generations that means that they have more time for their self esteem to be changed by things like social media.

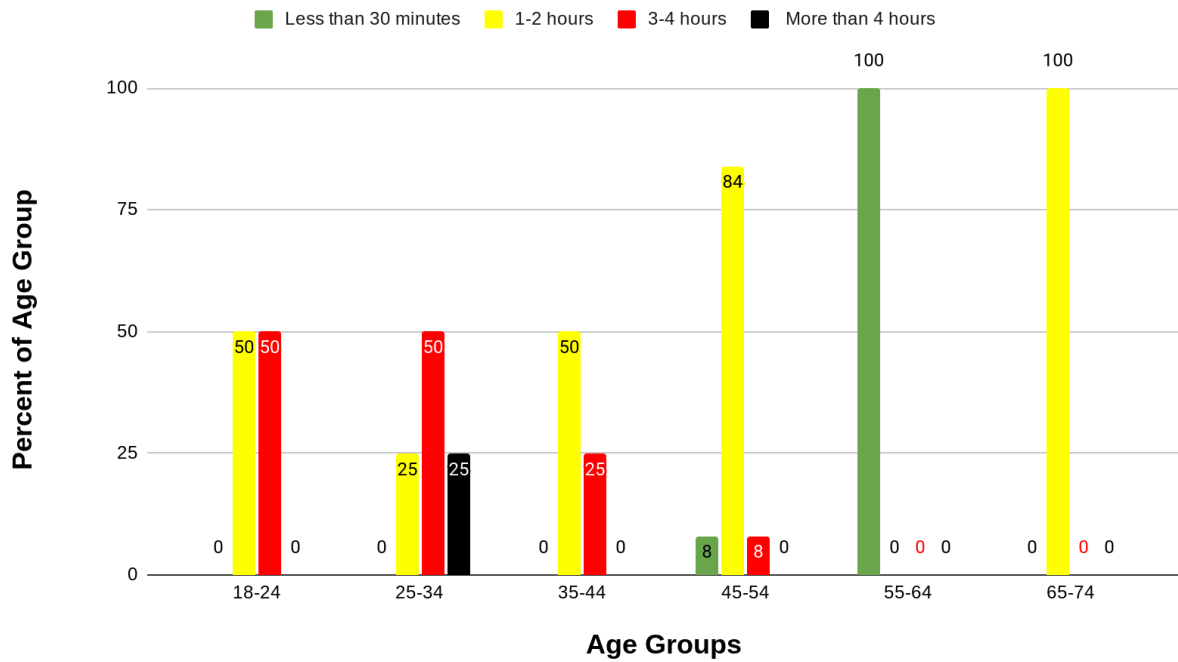
All of the negative things that people see on social media might be enough to overpower the positives that people see. A big problem with social media is that anyone can post things which makes the range of what people see bigger. This led me to my hypothesis.

## Methods:

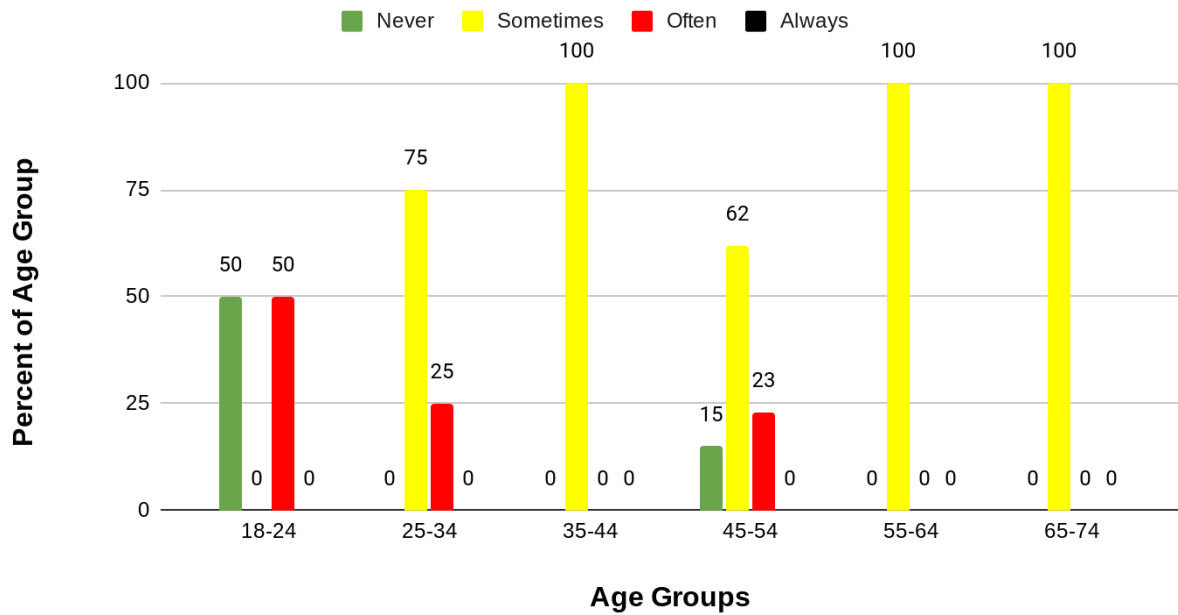
I created a survey on SurveyMonkey that would allow me to find out if social media really does affect people's self esteem. My first step to my survey was to make a question asking what age range they were between and the youngest age that could answer my survey was 18. The next steps were to ask questions on what social media you use, how often you check your social media accounts, how do you feel when you get a lot of likes, how do you feel when you use social media, how often do you have trouble falling asleep because of social media. Then I took the results and compared them to get my conclusion on if social media affects self esteem.

## Results:

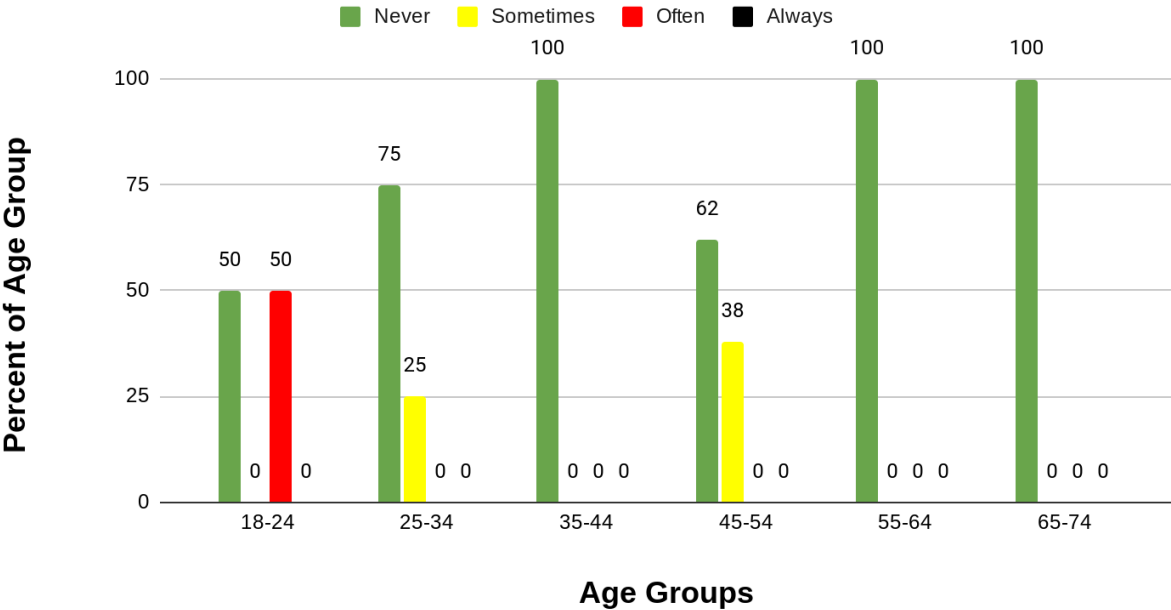
### Age vs Time Spent on Social Media



### Age vs How often did you feel encouraged, connected or happy because of your interactions with social media?



# Age vs How often do you feel down or sad because of your interactions with social media?



## Discussion:

My data shows that people of the younger ages are on social media longer than the older ages. People between the ages of 45-54 said that they sometimes have trouble falling asleep or staying asleep because of social media. My data shows that the younger ages also don't feel as encouraged or happy than the older people do, surprisingly no one from any of the age groups said that they feel encouraged or happy because of social media interactions. Many of the older age groups were 100% one answer and younger groups answers were mostly 50-50. My graph about time spent affecting self esteem shows that the more time spent on social media has a negative effect on self esteem, this graph excludes more than 4 hours because only one person chose this answer. I was not very surprised by my data because of how much I see younger people on their phones in general.

#### Limitations:

I only had a few limitations, one of them being that the platform that I used only allowed me to add 10 questions and another was that my platform only allowed me to see 25 people's results.

#### Future studies:

A future study that I would do would be separating the genders of the people to see if that has anything to do with the data that I collected.

#### Literature cited:

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