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### Anti-social Networking

Many people have a social media account that they use daily, but there are some negative effects facing social media. Two articles that provide evidence for social media having a negative effect on people include “Antisocial Networking” by Hilary Stout and “Is Social Media Driving People Away from Real Interactions?” by Righ Knight. There is also a blog post called “Teenagers on Social Media: Socialization and Self-Esteem” by Clive Anderson Jr., Eknoor Johar, and Jocelyn C. Key. Many college students and journalist have been researching social media’s negative effects and they’ve been using charts and percentages to show the effects. Social media has many negative effects but there are three main ones: it makes people anti-social, it lowers self-esteem, and it can cause depression and/ or suicide.

First and foremost, social media makes people anti-social . Social networking sites can cause people to become antisocial because now people can talk online instead of wanting to talk in person. According to resource B written by Hilary Stout it claims, “Children used to actually talk to their friends.” This means that kids talked to their friends face-to-face but now they prefer to communicate on group chats or they text one another. Due to this, kids nowadays have become anti-social due to being online. Phones, tablets, computers, or any social device causes adolescents to become less social since adolescents prefer to be on social media. In resource B it claims, “... electronic communication may be making teens less interested in face-to-face communication with their friends.” This quote means that teenagers rather spend time texting or

on social networking sites that talk to their friends or hang out with them. Due to this, the average teenager would rather stay hooked on an electronic device rather than experiencing their surroundings. Every kid used to entertain themselves by going outside and playing with their friends, but now they just want to stay indoors and be social online than in person.

Secondly, being on a social networking site lowers your self-esteem. A lot of people are content with their lives but once they log onto Facebook or some other social media site, their pride lowers. According to resource D it claims, "... the most common emotion aroused by using Facebook is envy... endlessly comparing themselves with peers." What this means is that most people that log into Facebook, their self-esteem lowers because they constantly compare what they don't have to what someone else does have. Being on social media impacts a lot of people's lives, especially their self-esteem. According to resource D it claims, "... when does being social in person and online become overwhelming that it begins to affect us negatively... impact our lives in ways we never imagined." This means that social media can become such a mind-boggling that it can affect someone horribly and it can lower someone's self-esteem. Social media affects people negatively that it can lower someone's self esteem and it could change someone's life in a bad way. Your self-esteem lowering doesn't only happen in person, it also happens online but online there are more ways that your confidence can lower.

To end this, being online can cause depression and/or suicide. Networking sites are also a place where you can be bullied, not just in person. Cyberbullying is a big problem but no many kids pay attention to it. According to resource F it claims, "The use of social media leads to cyberbullying which leads to depression, thoughts of suicide, and sadness." This means that bullying is everywhere even online but the only difference is that online you can anonymous.

Due to this, many adolescents feel like what people say is true and they get depressed and the teenager may feel suicidal. Many adolescents that are bullied are afraid to log into their social media accounts. According to resource F it claims, “5.7 of teenagers felt afraid to go to their computer.” This means that people online are harassing teenagers horribly that the teenager is afraid. Due to this, adolescents feel suicidal because they feel like the only way to please everyone is by killing themselves. Many people will disagree that social media is a bad thing and instead they’ll say that it’s an incredible way to communicate because it gives you the liberty to express yourself however you want without a lot of restrictions. Even though you get to express yourself online you shouldn’t raise your ego by cyberbullying someone because it can cause them to be depressed and/or suicidal. Social networking sites can lead to depression and suicide due to cyberbullying because the victim may feel like they aren’t worth it.

To summarize everything, social media has many negative effects that can hurt people. Social media has three main negative effects including making people anti-social, lowering self-esteem, and leading to depression and/or suicide. Online networking shouldn’t be used for negative effects, it should be used for a great cause. Suicide is a main cause between death amongst teenagers and is caused by bullying that the teenagers suffer through and it follows them home from school.