

Social media: Benefit vs harm

Summary presentation of the
full report

May 2021 - Version 1.0

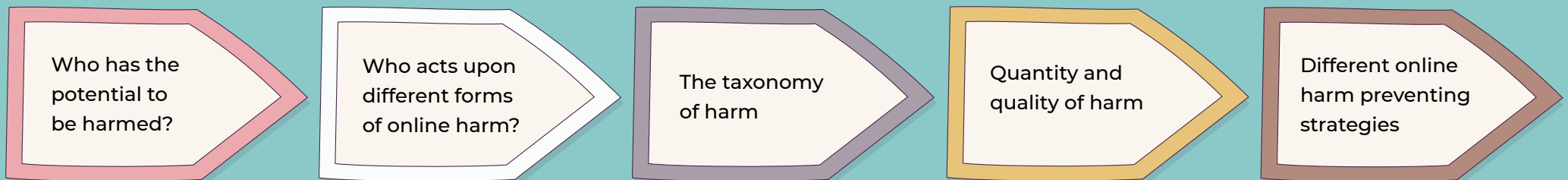


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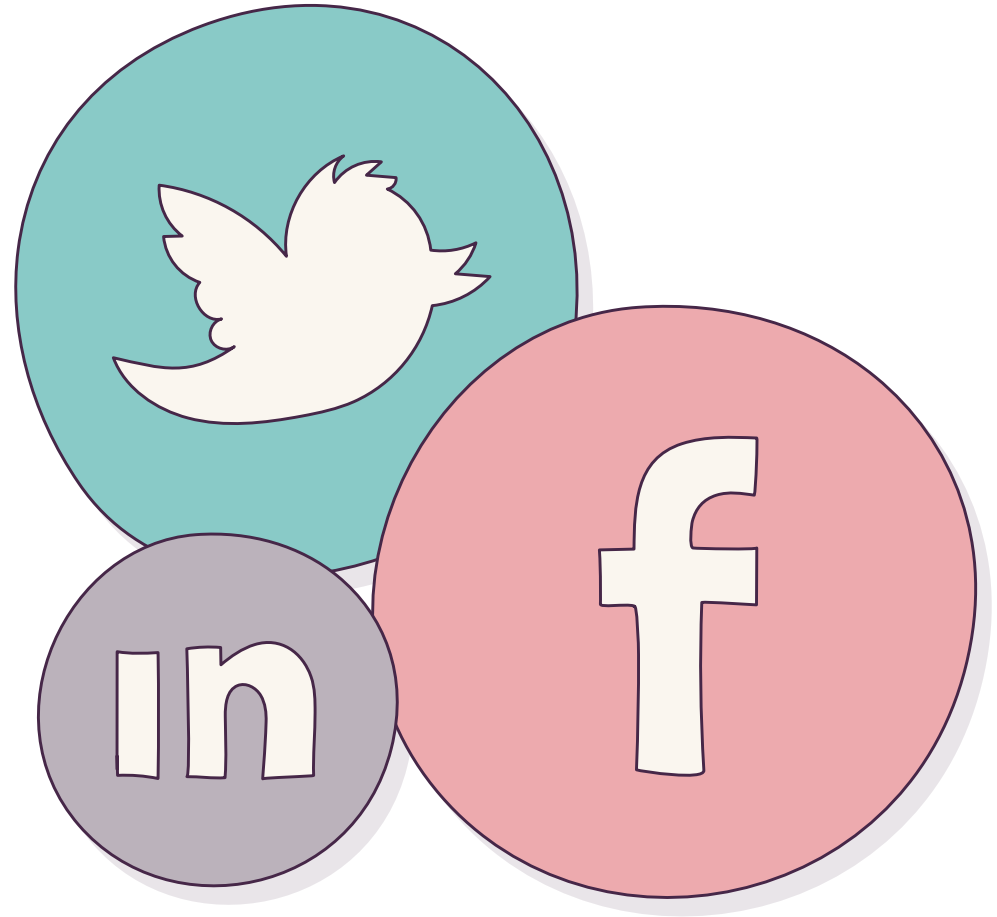
Introduction

- Social media is a relatively inexpensive and readily available electronic resource
- An essential part of modern culture, affecting all races, sexes, socioeconomic backgrounds, and people all over the world
- There is a need for people to adjust their lifestyles as emerging technologies evolve



Use of social media

- Keeping in touch with friends & relatives
- To fit in with others
- Making plans
- Meet potential partners or friends
- Educational forums
- To blog and reflect
- Form an online community



Who has the potential to get harmed?



- Age: Under 20 – (mainly under the age of 14)
- Gender: Females for social media
males for phone
- Education, culture and economic:
From higher socio-cultural
backgrounds
- Personality: Both extroverts and
introverts
- Psychological variables: Neuroticism

Taxonomy of harm



Mild

Social and familial conflicts and confrontations



Moderate

Excessive use, urgency, tolerance, dependence, difficulty controlling, craving, increasing use to achieve satisfaction or relaxation, or counteracting a dysphoric mood



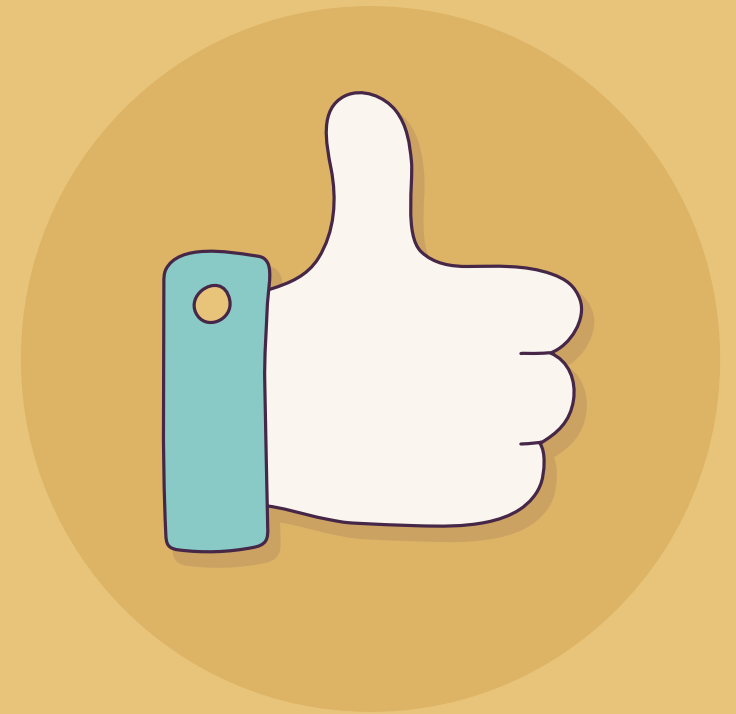
Significant

Anxiety, mood changes, sleep disturbances and loss of interest in other activities



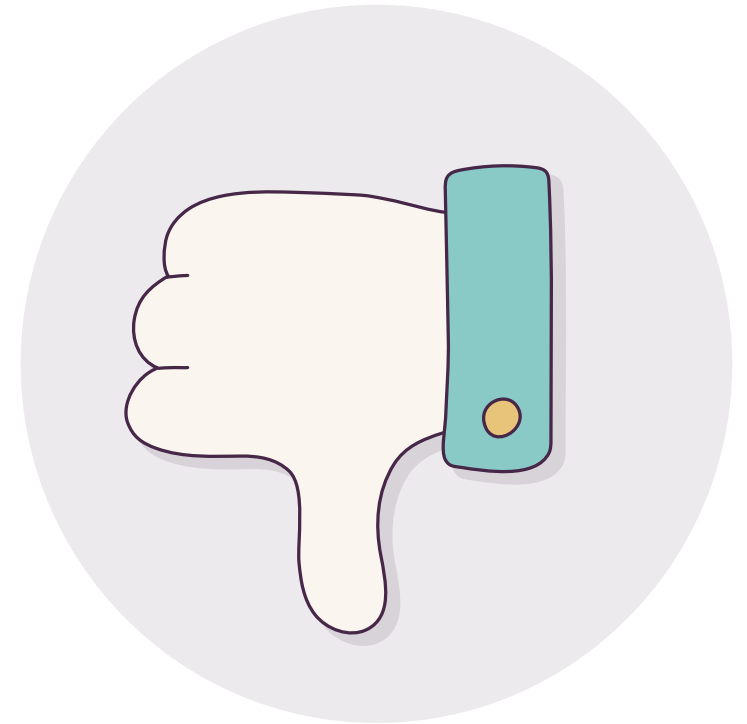
Positives

- Vital social lifeline for those who are otherwise alone
- Can facilitate collaborative learning
- Provides a platform that can deliver emotional support, esteem support, information support, and network support
- Allows formation of new friendships and can provide a platform for friendship development
- One-third of marriages now begin online
- Those marriages which begin online are less likely to result in divorce with higher marital satisfaction

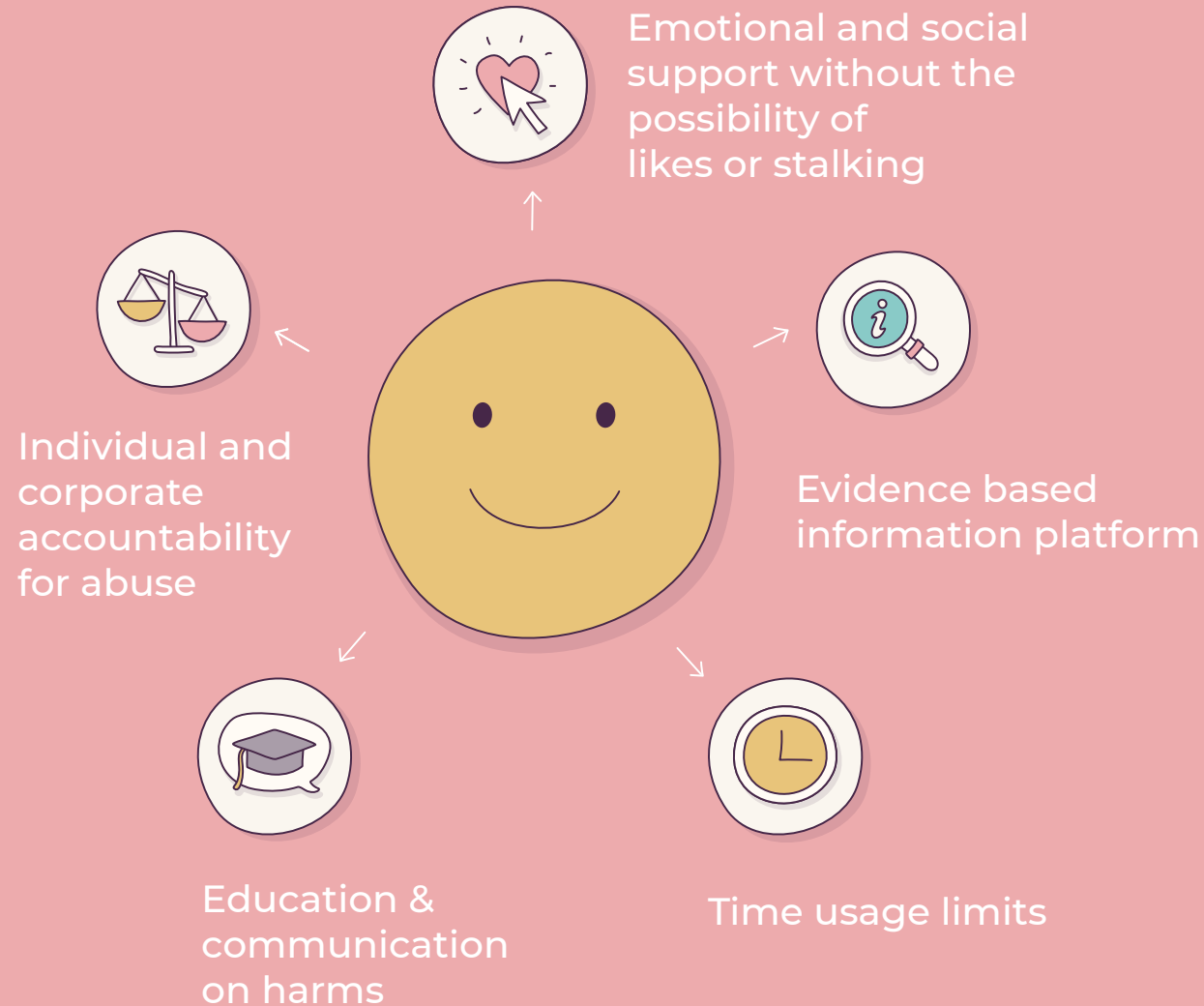


Negatives

- Lurking: can lead to stalking
- Comparing: promoting insecurity and jealousy
- Fear of not reading a message/missing out: always-on anxiety
- Interferes with everyday activities which promote well-being
- Can trigger addiction, compulsivity, anxiety and sleep disturbances



Harm preventing strategies



Conclusion

- The neuropsychology research shows how well adapted social media is to suit our needs
- Self-harm caused through a combination of immediate gratification and loneliness, as well as young age and genetic factors
- Initial moderate and sensible usage can lead to dependence and addiction
- A social network can maximise benefits whilst mitigating harm by promoting real-life connectivity or establishing a physical (not digital) community





For the full report please visit
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