

Change My Mind Project



Anxiety and depression are rising because of social media

Written Narrative:

Social media is damaging the perception that teenagers have of themselves causing their anxiety and depression rates to skyrocket. Instagram, one of the most used social media platforms is a huge contributor to this. This photo-sharing platform was created in 2010 to allow users, whether celebrities or everyday people to share photos and videos with the world to connect. After this platform gained popularity among teenagers depression and anxiety rates among the user began to rise. From 2013 to 2016 the percent change of teenagers within the age range of 12 to 17 diagnosed with depression increased 63 percent. Many teenagers who develop depression from social media find themselves endless scrolling for hours. Others have to constantly remind themselves that “social media is not real”, this is because people always present themselves in a positive light, whether they were at a party, the beach, or doing volunteer work. Looking at other people's feeds can make you question your value and worth. This toxic mindset can be developed in kids as young as 13 years old. According to Statista the relative frequency of teenagers that used a filter to change their appearance in photos was 84 percent. People feel inclined to do this because after hours of looking at people with the “perfect body smiles or perfect life” they now want to mimic this lifestyle and aesthetic. Keeping up with all of these trends can be to lead to depression if one feels as if they are not able to perfect themselves. The unrealistic standards that teenagers hold themselves to are rooted in positive comments and likes. After one posts on their social media, they anxiously await for their feeds to become flooded with likes and comment from their friends praising their photos. This way social media is addicting because it reassures people that they often yearn for, but this is often not enough. According to Psych alive who surveyed 1,500 social media users from the age of 14-24 to examine the effects that social media had on their mental health. They discovered that when comparing the positive aspects of social media compared to the negative, the ramifications that the negative effect had on social media users tremendously outweighed the positive. While Instagram was seen to have only two lasting positive effects, self-expression, and self-identity, that reached over 0.5 on the bar graph. Anxiety, sleep, body image, bullying, and fear of missing out, were all over -0.5. Displaying the negative effect this platform has on its users. Although users may feel the negative effects of social media more than the positive, day after day they continue to log back into their account hoping for one more like continuing this vicious cycle. Include complete MLA citations for all of the data/opinions/ideas you used at the end of your written narrative.

Published by Statista Research Department, and Jul 2. “Girls in Brazil: Self-Esteem and Social Media 2020.” *Statista*, 2 July 2021, <https://www.statista.com/statistics/1231874/self-esteem-social-media-girls-brazil/>.

11th, nick January, et al. “Which Is Worst for Your Mental Health: Instagram, Facebook or YouTube?” *PsychAlive*, 17 July 2017,

<https://www.psychalive.org/worst-mental-health-instagram-facebook-youtube/?scribybrkr=0dc87bb7>.

Fox, Maggie. "Major Depression on the Rise among Everyone, New Data Shows." *NBCNews.com*, NBCUniversal News Group, 11 May 2018, <https://www.nbcnews.com/health/health-news/major-depression-rise-among-everyone-new-data-shows-n873146>.

For my Imovie I used small experts from different videos, most of them are stock videos that had no copyright (ex: people scrolling on phone experts) but I am citing all of the experts that I took from full videos below. I Also used those videos to create my own long video so the idea is completely original and I did not use more than 20 seconds of each video.

"A Social Life Award Winning Short Film Social Media Depression", YouTube, uploaded by Kerith Lemon Pictures, 2016, https://youtu.be/GXdVPLj_plk

"Are you living an Insta Lie?", YouTube, uploaded by DitchTheLabel, 2017, <https://youtu.be/0EFHbruKEmw>

"Why Comparing Yourself on Social Media Is Making You Unhappy", YouTube, uploaded by DitchTheLabel, 2020, <https://youtu.be/0EFHbruKEmw>

"7 Signs You're Addicted To Social Media", YouTube, uploaded by DitchTheLabel, 2018, <https://youtu.be/ftB3gl6t0fo>

1) 2.6^{th} increase of diagnosed depression 2016
 - 1.6^{th} increase of diagnosed depression 2013
 1.6^{th} increase of diagnosed depression 2013
 = $0.625 = 63^{th}$ increase of diagnosed depression from 2013 to 2016

My other stats just came from bar graph so I just interpreted the data from these charts. I attached the pictures below.

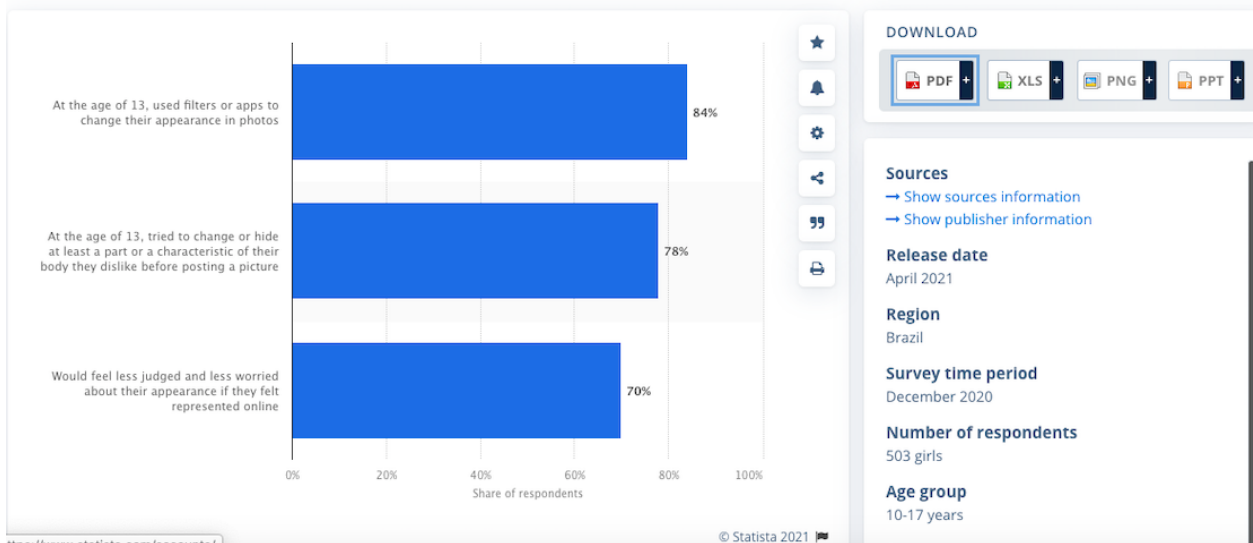
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Generated Content

PREMIUM

Universities

self-esteem and social media among female children and teenagers in Brazil in December 2020



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Sources

- Show sources information
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Release date

April 2021

Region

Brazil

Survey time period

December 2020

Number of respondents

503 girls

Age group

10-17 years

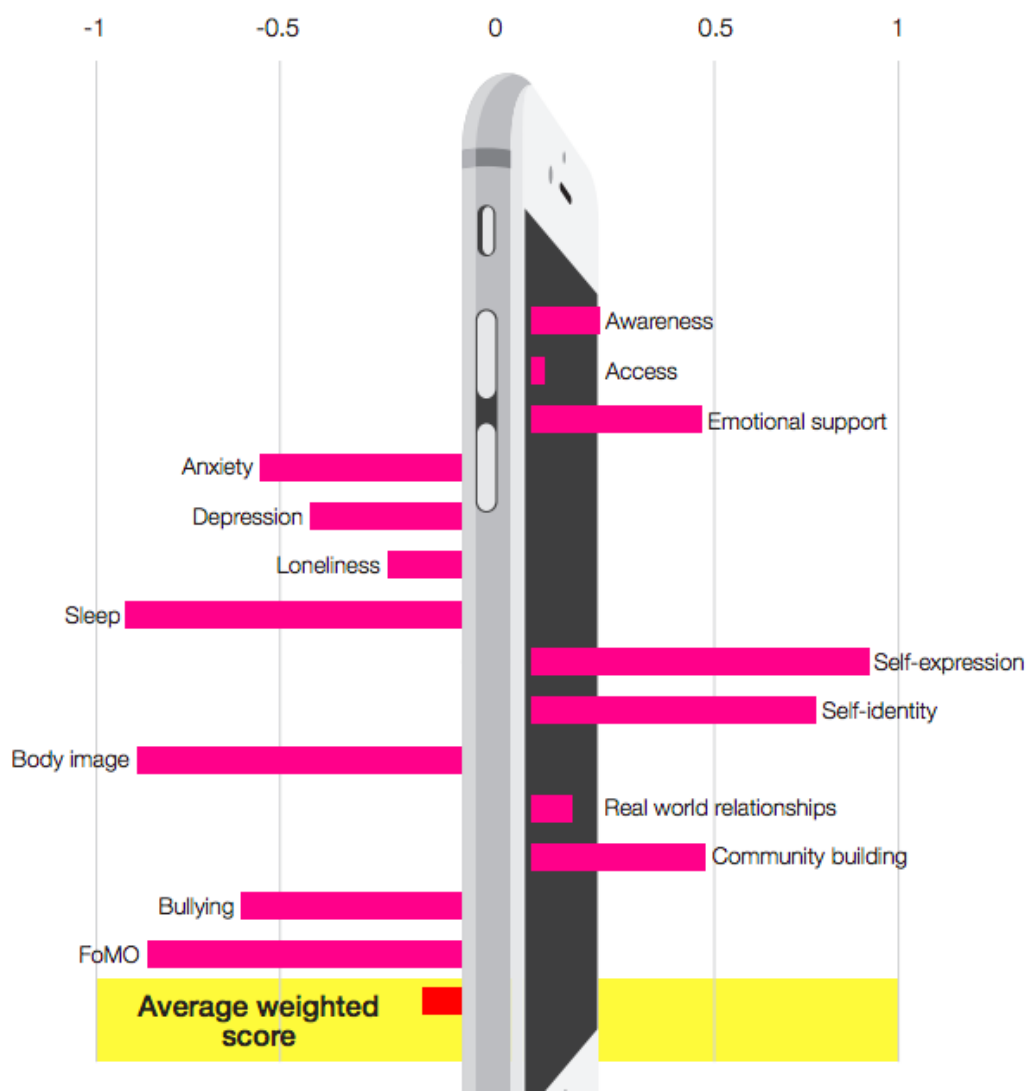
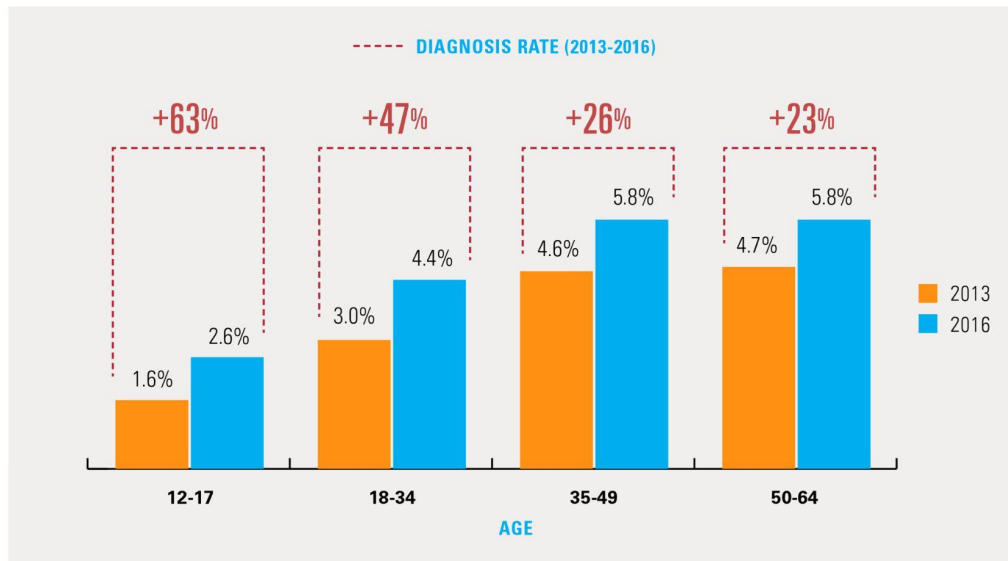


EXHIBIT 3: DIAGNOSIS RATE AND RATE OF CHANGE FOR MAJOR DEPRESSION BY AGE
(2013 COMPARED TO 2016)



Written reasoning for why you used the elements of univariate data that you chose.

Include all of the elements of univariate data that you used in your persuasive argument and why you thought they would strengthen your argument.

- 1.) The reason why I choose to use the percent change comparative statistic instead of division or subtraction is because the percent change highlighted that over 50% of teenagers were diagnosed with depression between 2013 and 2016. While the subtraction statistic only showed an increase by 1 percent which did not highlight the point I was trying to prove.
- 2.) I choose to use the graph as my second element because it is a visual representation of the drastic increase of people diagnosed with depression in the year 2013-2016, which was 3 years after Instagram came out allowing people to use it for a while so we would see the full effects.
- 3.) I choose to use the relative frequency percentage for my third statics because it displayed that 84% of people changed their appearances before they post on Instagram. This statistic is good for this project because it gives you the percentage and in this case, it was 16% away from fully favoring my argument.
- 4.) For the last element I choose a bar graph that compared the positive impacts of Instagram to the negative impacts of Instagram this bar graph highlight that five elements had negative effects that were over 50%. While there were only two elements that had a positive effect that was over 50%.