

College

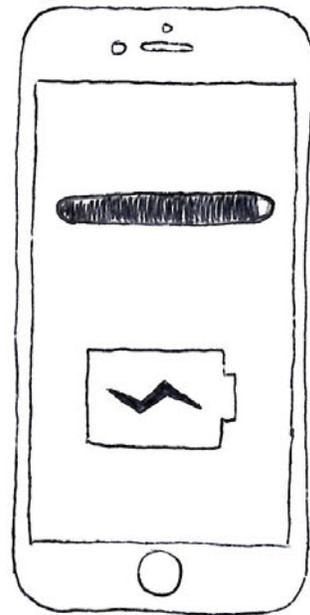
Students

Social Media

Chelsea Harrison



I MYSELF AM ADDICTED TO SOCIAL MEDIA



*IT TAKES OVER MY PHONE'S STORAGE &
LEAVES THE BATTERY CONSISTENTLY DEAD*

AND ONE DAY AFTER SPENDING ALMOST THE WHOLE DAY
SCROLLING THROUGH THE SOCIAL MEDIA PLATFORMS



I BEGAN TO WONDER WHAT EFFECT SOCIAL MEDIA WAS HAVING ON
ME AND IF IT WAS HELPING ME TO ...



EXPERIENCE THE WORLD?



MAKE CONNECTIONS?



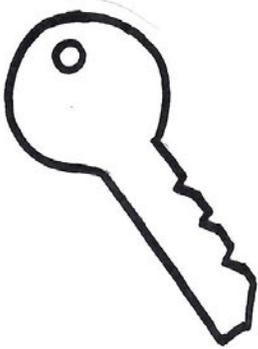
HAVE BETTER SELF ESTEEM?

GET BETTER GRADES?



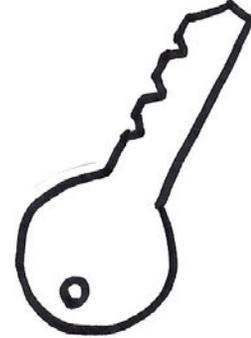
... OR WAS IT PREVENTING ME FROM DOING THESE THINGS?

SO, I STARTED RESEARCHING...



I BEGAN MY RESEARCH WITH SOME

KEY TERMS



SOCIAL MEDIA:

“TRUE SOCIAL MEDIA SITES SEEM TO HAVE THREE DEFINING CHARACTERISTICS: (1) THE INFORMATION BEING POSTED IS NOT DIRECTED AT ANYONE IN PARTICULAR; (2) THE INFORMATION BEING POSTED CAN BE EDITED AND/OR DISCUSSED BY ALL WHO SEE IT; AND (3) THE INFORMATION POSTED INCLUDES AN EASY WAY TO SHARE IT WITH PEOPLE NOT INCLUDED WITHIN THE SCOPE OF THE ORIGINAL POST” (BROOKS 55).



ADDICTED:

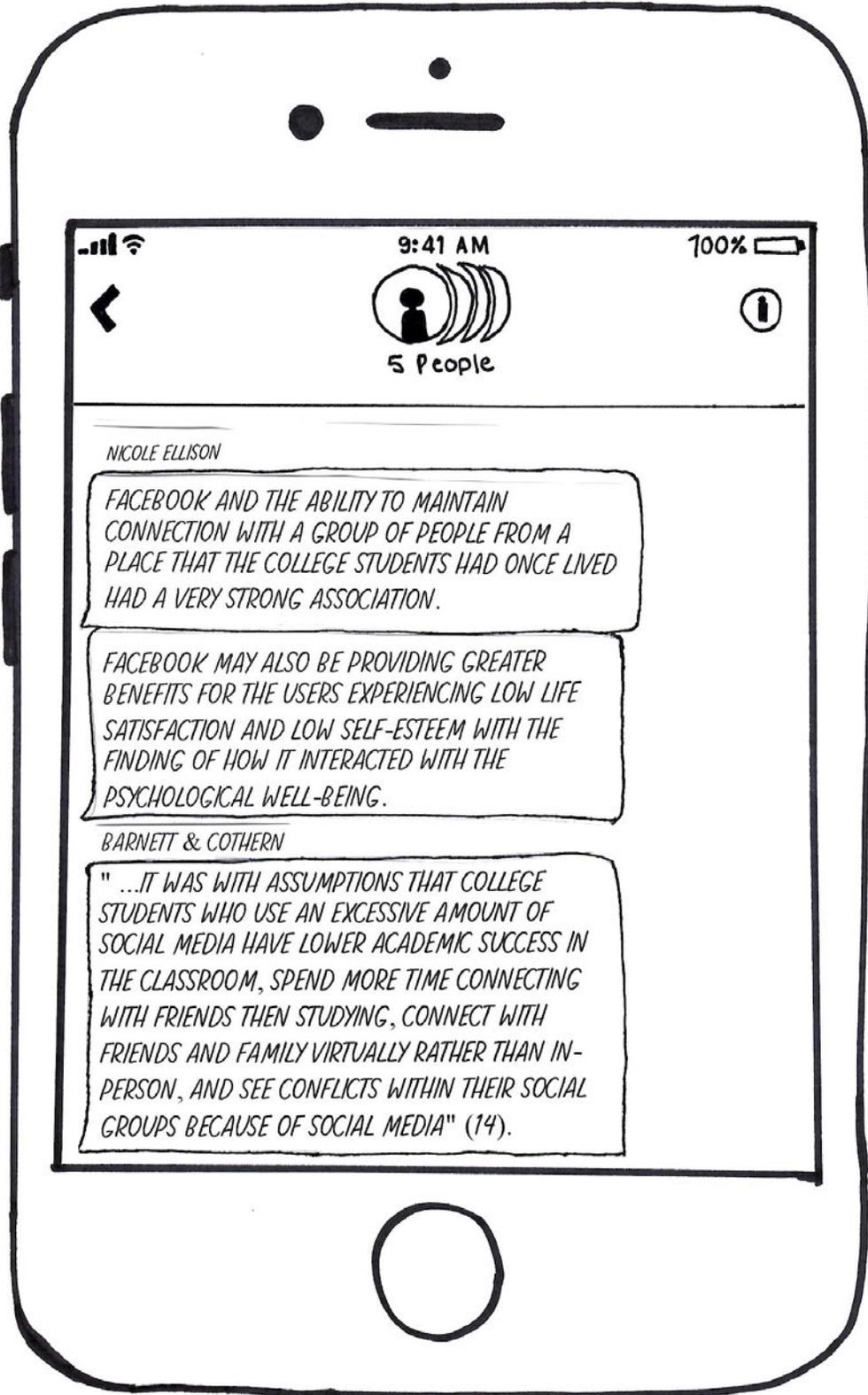
“STRONGLY INCLINED OR COMPELLED TO DO, USE, OR INDULGE IN SOMETHING REPEATEDLY” (MERRIAM-WEBSTER 2017).

MILLENNIAL: "PERSON BORN IN THE 1980S OR 1990S" (MERRIAM-WEBSTER 2017).

SELF-ESTEEM: "A CONFIDENCE AND SATISFACTION IN ONESELF" (MERRIAM-WEBSTER 2017).

NOW THAT I HAD ALL THE TERMS I NEEDED I SEARCHED THROUGH THE ACADEMIC CONVERSATION AND HERE'S WHAT I FOUND...





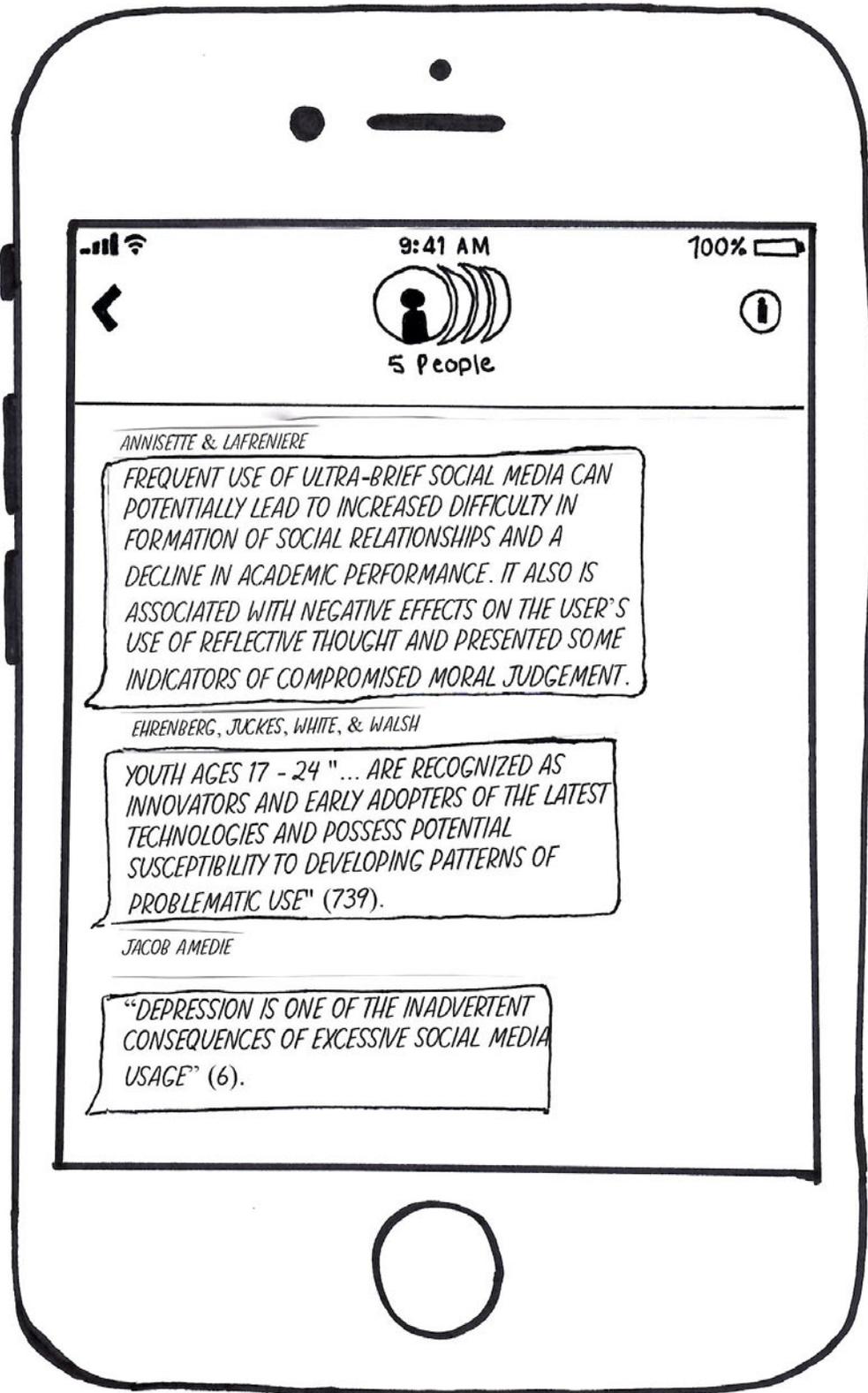
NICOLE ELLISON

FACEBOOK AND THE ABILITY TO MAINTAIN CONNECTION WITH A GROUP OF PEOPLE FROM A PLACE THAT THE COLLEGE STUDENTS HAD ONCE LIVED HAD A VERY STRONG ASSOCIATION.

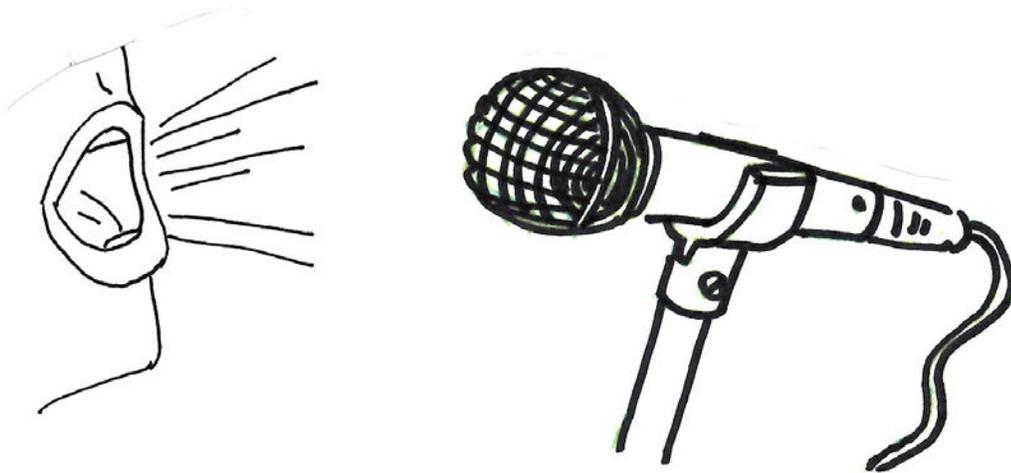
FACEBOOK MAY ALSO BE PROVIDING GREATER BENEFITS FOR THE USERS EXPERIENCING LOW LIFE SATISFACTION AND LOW SELF-ESTEEM WITH THE FINDING OF HOW IT INTERACTED WITH THE PSYCHOLOGICAL WELL-BEING.

BARNETT & COTHERN

"...IT WAS WITH ASSUMPTIONS THAT COLLEGE STUDENTS WHO USE AN EXCESSIVE AMOUNT OF SOCIAL MEDIA HAVE LOWER ACADEMIC SUCCESS IN THE CLASSROOM, SPEND MORE TIME CONNECTING WITH FRIENDS THEN STUDYING, CONNECT WITH FRIENDS AND FAMILY VIRTUALLY RATHER THAN IN-PERSON, AND SEE CONFLICTS WITHIN THEIR SOCIAL GROUPS BECAUSE OF SOCIAL MEDIA" (14).



*AFTER LOOKING THROUGH THE ACADEMIC CONVERSATION
I REALIZED THAT I WANTED TO GIVE THE STUDENTS A VOICE IN
THE MATTER*



HERE'S HOW I DID IT...

I MADE A SURVEY ONLINE AT SURVEYMONKEY.COM. I THEN SHARED THE LINK TO THE SURVEY WITH 51 COLLEGE STUDENTS, MALE AND FEMALE. THE STUDENTS RANGED IN AGES FROM 18-24 AND EACH HAD AN INDIVIDUAL LIFESTYLE.

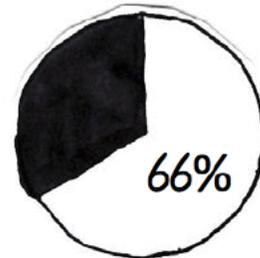


I SAT DOWN WITH A FELLOW COLLEGE STUDENT AND ASKED HIM A COUPLE OF QUESTIONS. THE MAIN GOAL OF THE INTERVIEW WAS TO GET A LITTLE MORE IN DEPTH THAN I COULD WITH THE SURVEY. I WANTED TO SEE HOW SOCIAL MEDIA AFFECTED THE STUDENT PERSONALLY AND DISCOVER THEIR MAIN PURPOSE OF USING SOCIAL MEDIA.

HERE'S HOW THEY WENT...

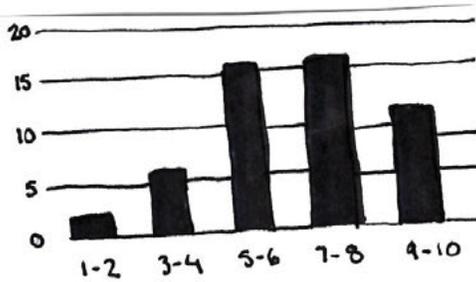


USE SOCIAL MEDIA FOR PROFESSIONAL NETWORKING



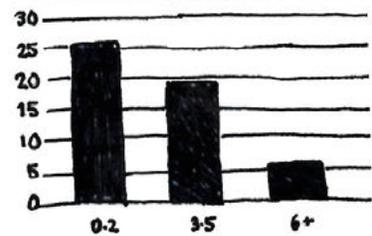
NETWORKING

RATE YOURSELF (1-10)

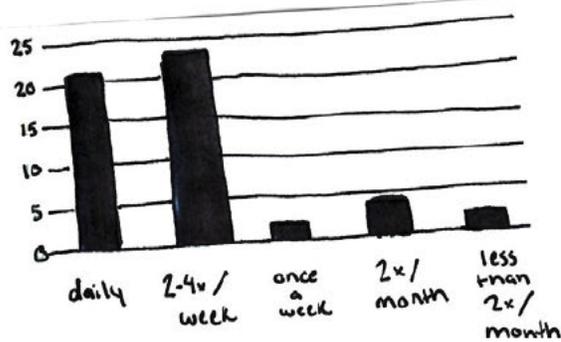


HOURS SPENT DAILY ON SOCIAL MEDIA

ON SOCIAL MEDIA

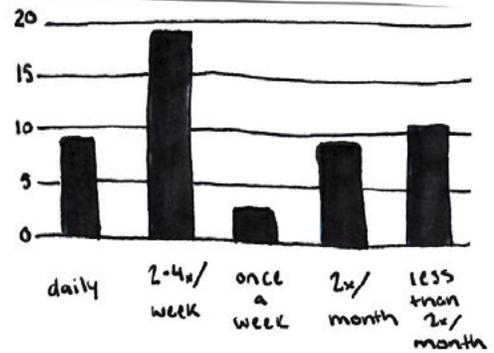


CONTACT PARENTS



CONTACT PEOPLE FROM HIGH SCHOOL

FROM HIGH SCHOOL





J.



CHELSEA

DO YOU CHECK SOCIAL MEDIA EVERY DAY? AROUND HOW MANY HOURS DO YOU SPEND ON SOCIAL MEDIA DAILY?

J

YES AND AROUND 2-3

CHELSEA

WHAT SOCIAL MEDIA PLATFORM WOULD YOU SAY YOU USE MOST OFTEN?

J

INSTAGRAM OR SNAPCHAT

CHELSEA

RATE YOURSELF ON A SCALE FROM 1-10

J

A SOLID 6, NOTHING MORE, NOTHING LESS

CHELSEA

HOW HAPPY ARE YOU WITH YOUR DAY TO DAY LIFE? (ON A SCALE OF 1-10)

J

4

CHELSEA

DO YOU EVER FIND YOURSELF COMPARING YOURSELF TO PEOPLE YOU SEE ON SOCIAL MEDIA?

J

SO I SO NOT REALLY COMPARING BUT, USING IT TO FIND A WAY TO ACHIEVE MY PERSONAL GOALS

CHELSEA

WOULD YOU SAY THAT SOCIAL MEDIA EFFECTS YOUR SELF-ESTEEM?

J

YEAH, I FEEL LIKE IT GLORIFIES WEALTH AND SEX-APPEAL IN WAYS THAT ARE UNREALISTIC FOR A "NORMAL" PERSON

CHELSEA

DOES SOCIAL MEDIA INFLUENCE YOU TO MAKE MORE PERSONAL CONNECTIONS OR DOES IT GIVE YOU THE ABILITY TO BE MORE INTROVERTED?

J

NEITHER, I USE IT TO KEEP UP WITH WORLD EVENTS RATHER THAN USING IT TO BROADEN MY FRIEND GROUP

Send a chat



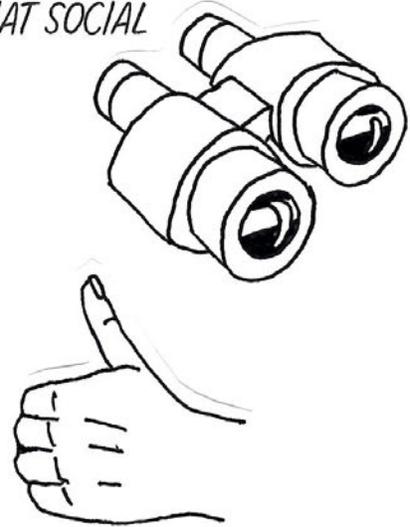
AFTER ALL MY RESEARCH I CAME TO DISCOVER THAT SOCIAL MEDIA IS LIKE ANYTHING ELSE, IT IS BOTH



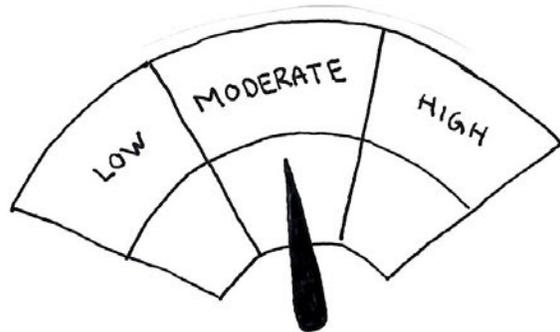
GOOD

AND

BAD



AND THAT IN MODERATION IT CAN HAVE SOME SERIOUS BENEFITS.

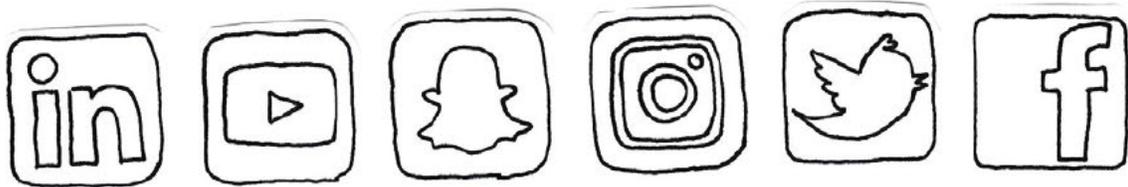


BUT, TOO MUCH CAN CAUSE HARM.

THE RESULTS OF THE SURVEY AND INTERVIEW SHOWED ME THE STUDENTS' PERSPECTIVE OF THE SUBJECT MATTER

EXPOSED SOME OF THE UNDERLYING FACTORS OF THE RESULTS

AND HOW SOCIAL MEDIA TRULY AFFECTED THE STUDENTS



BUT THERE'S STILL MUCH MORE RESEARCH THAT COULD BE DONE ON THE SUBJECT MATTER SUCH AS

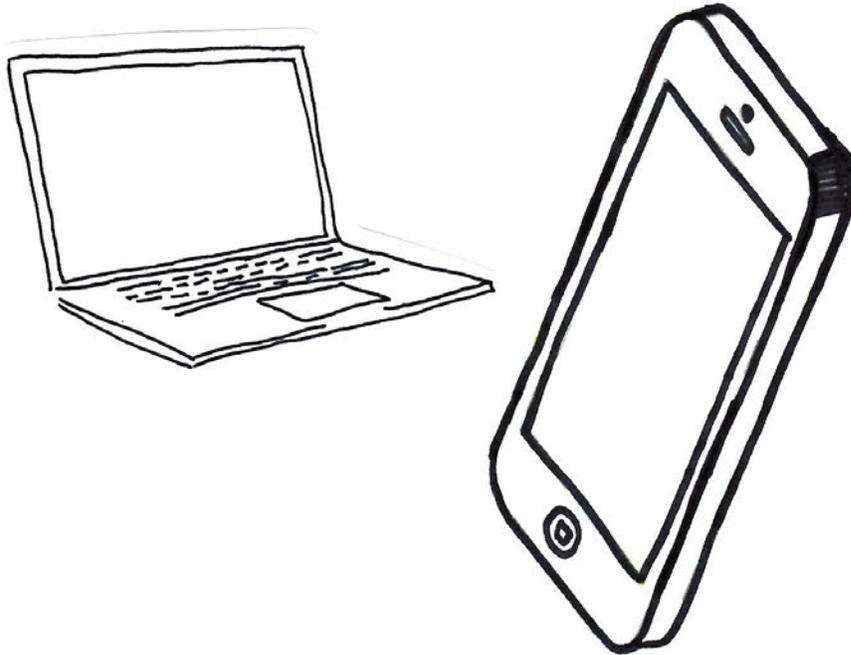
SOCIAL MEDIA'S EFFECT ON LIFE EXPERIENCES

OR

FURTHER EXAMINING THE UNDERLYING FACTORS THAT MAY BE AFFECTING BEHAVIORS

AND WITH THE FACT THAT

“... NEW TECHNOLOGY HAS PRODUCED A GENERATION OF YOUNG PEOPLE – THE “DIGITAL NATIVES” AGED 13 TO 30 – WHO SHARE A COMMON CULTURE OF COMMUNICATION WITH THEIR GENERATIONAL PEERS ACROSS BORDERS AND ACROSS CONTINENTS, A “MACRO CULTURE”, THE POTENTIAL OF WHICH IS YET TO BE FULLY APPRECIATED OR EVEN ACKNOWLEDGED” (ALLISON 69).



WE MUST CONTINUE TO RESEARCH SOCIAL MEDIA AND HOW IT TRULY AFFECTS THE “DIGITAL NATIVES”

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Chelsea Harrison is a junior at UCF studying computer science with a minor in digital media. Upon graduation, she hopes to become a business analyst at a large technology company and go on to graduate school to get a master's and eventually a doctorate degree.