

The Change of Student Self-Perception as a Result of Social Media



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## The Change of Self-Student Perception as a Result of Social Media

The use of social media platforms has gained popularity throughout the years. The usages of technology and the internet has made its way through generations and suddenly became a priority for daily use. However, being said from the usages of a daily cell-phone comes the creation of social media platforms that society uses hours on end. Being on social media can be for entertainment purposes, communications, or to spend time on. There are influencers, celebrities, or people who gained popularity through the platforms. The rise of platforms have created individuals to become negatively affected by the internet. For example, a cross-sectional research carried the comparison of social media in relation to self-esteem between students in Korean and American universities. Depending on the culture, the impact varies with different individuals. In comparison with Americans, people in collectivist societies such as Koreans value connectedness with the media and are most likely to actively post increasing their body image while Americans are free minded and exclude people's opinions (Lee et. Al, 2018). The research question, How does social media affect the way students perceive themselves was continued to be questioned and evaluated.

**Method**

To determine my hypothesis on whether or not social media affects the self-esteem of students, a multi-questionnaire was sent out to students above the age of sixteen and were asked a series of questions concerning their usages on social media. The survey was used through Microsoft Forms and was collected through a three day grace period.

The questionnaire reflected off the way students perceived themselves from being on social media. The survey started off with a series of demographic questions that concerned the viewers age and the location of where their school work is based. Throughout the survey, it

consisted of quantitative and qualitative data that were ranged in a series of questions. Each question targeted an intuitive aspect from being on social media and helped determine how they reflected on themselves. The beginning of the survey asked about personal opinions on the topic of social media, like how the participants believed if it has affected them and experiences with different platforms. These questions purposely targeted the audience and their correlation with social platforms, and gathered curiosity if they are engaging on social media. Then, it goes into specific details on what platforms they used frequently from the screen time data on their phone to their experiences on social media.

Specifically answering the research question, the questionnaire expressed areas where their self-image has been affected. The questions ranged from the way social media has changed the perspective of personal image to the way it has affected their work ethic. Each question included a wide variety of options from their agreement level to whether or not it had an effect on them. The questions never included a precise yes or no answer and allowed participants to choose the option that felt the most accurate.

### **Results**

The span of three days and from the spread of the survey from mutual friends who were older than sixteen, the number of participants rose to thirty with the oldest age being in the range from 20-24. The survey approached students who are either in high school, college, or a part of a high school college program. The results correlated along with one another and each respondent answered around in the same category. Most of the questions were answered in the same way, some more likely than others. The most intriguing question that results in the same answers questioned the participants' belief if social media affects the way people perceive themselves.

**Table 1:** “Do you believe that social media can affect the way people see themselves?”

People (30)	Strongly disagree	Disagree	Neither	Agree	Strongly agree
Participants	0	0	0	10	20

Furthermore, the results that were gathered shared similar answers from the 30 participants. In conclusion, many of the participants answered the questions that related to a negative effect from social media. However, some questionnaires raised controversy on the answers and some were not all unified within one another. Some participants didn't have any importance towards the media while others were the complete opposite. Some of the participants found useful information from the media while others found negative responses from being on the media itself. The table below shows the effects of the media onto their work ethic that relates to their completion of assignments, participants, and mindset.

**Table 2:** “Being a student, has the media affected your work ethic? (completing assignments, procrastination, mindset, etc)”

People (30)	No Affect	Minor Affect	Neutral	Moderate Effect	Major Affect
Participants	2	4	2	16	6

While this has raised a mix of responses. The majority of the vote received the idea that social media has affected the way the participants have lived their daily lives. The idea of being a student and being involved in social media has raised the awareness that students are being affected by what they see on the internet. Furthermore into my research, the question was asked on the student's opinion on if social media has a negative impact on self-image.

**Table 3:** Has social media impacted your life negatively?

People (30)	Untrue of me	Somewhat Untrue of Me	Neutral	Somewhat True of Me	True of Me
Participants	4	6	6	12	2

The mix of responses shared a range of answers that were less and more likely to have been affected by social media. As a result, the majority of the respondents replied with the average that social media has affected their lives negatively.

### **Discussion**

In line with my hypothesis on whether or not social media has an effect on student's perception, the results from my survey drastically support the idea that social media reveals negative effects. The survey lists a wide range of options for the participants to choose from and reaches the level of comfortability that they are willing to answer. Each response is anonymous and gives the students the opportunity to be honest with their answer without any judgment being involved. The selected range of ages allowed students who are fairly familiar with being a student and have experienced the drastic workload from being a student while still maintaining to be a human. With being in the older age categories, the responses of the ages carries the level of maturity and validates their responses from being a student.

Furthermore, into the research, Table 3 reflected on the negative impact that social media has placed on a student's life. This demonstrates the idea of the influence from the media. Social media is used in numerous ways and allows influencers to create an idea from recommendations on physical health from posting an edited picture of themselves. For example, in a cross-sectional research among American and Korean students, it is to be found that there is a negative relationship between social media use for information and body image in both the United States and Korea (Lee et. Al, 2018). While the culture is a large influence on the societies usages of

social media. The negative relationship with social media continues to be displayed in different parts of the world. Instagram is a highly populated area with users across all ages, and from the survey Instagram reached to be the second most used social app following behind Tiktok. The correlation between both Instagram and Tiktok demonstrates the false advertisement of body image from the edited Instagram picture to the way 'Tiktokers' have visualized themselves. The promotion of false advertisement along with body image creates viewers to view themselves as less as they appear to be. For example, in a cross-sectional study that focuses on the relationship between body appreciation and self-esteem, it was found that the increased involvement of the media has been found to disorder an individual's perception of their body image. The students participating have been found to negatively perceive their body image and self esteem due to their involvement with the internet (Khalaf et al, 2021). The survey resulted in the question on the matter of time the participants spend time on social media, and it has been found that participants who barely use social media believe that the media can affect the way people perceive themselves.

As social media continues to prevail its way towards individuals' lives, self-esteem and perception continues to be drastically changed through the usages of the media. The influence that apps like Instagram and Tikok have placed creates ideological views for the audience across all ages. The survey demonstrated that with the amount of time that an individual spends on social media, from a range of never to always being on social media, the media continues to prevail its way into a person's life and affect the way people perceive themselves no matter how much time they are on social media.

References

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