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Rough Draft and Bibliography

Social media has nurtured issues, for example, self-esteem, mental disorder and cyberbullying, which has become a severe problem that has even surpassed bullying as the most common type of harassment, especially in middle school and high school. Social media make many people very insecure as it puts them under pressure to do certain things and live up to specific standards. Cases of depression, anxiety, and suicidal thoughts have become more common as the use of social media continues to expand. Even though social media has transformed people's lives positively and redefined human interaction, the problems resulting from the use of social media have increased at an alarming rate. The self-esteem of social media users is one of the areas highly impacted by an increase in social media usage, causing people's self-esteem to decrease. Individuals who spend less time on Facebook have more self-esteem than people who spend more time on Facebook.

Individuals who spend more time on social media are at a high risk of experiencing negative self-esteem issues. The problem is even worse for people addicted to social media because they tend to spend much of their time thinking about social media and free up more time for social media use. Many social media users, especially the youth, evaluate their self-worth based on their popularity on online platforms, for example, how many friends they have or the number of likes they get on their profile.

Social media provides a good platform for people to create online personas that are not necessarily authentic. Many young people use social media accounts to mask serious issues by pretending that everything is perfect. For other people struggling with self-doubt, they see a post from their peer, resulting in a feeling of lack, resulting in even more severe mental issues. For example, many social media platforms, Facebook, have features that allow personal profiles of users to remain visible and available for public scrutiny poses a severe problem. Social media has created an urge to the users such that anytime people are not connected to social media; they experience a form of anxiety known as FOMO. Most social media users, especially youth, develop feelings of envy and dissatisfaction upon scrolling through their peers' airbrushed feeds and photos of enjoying life on a tropical beach holiday. Moreover, social media platforms, such as Twitter and Instagram, can be hotspots for spreading hurtful lies, gossip, and rumors, which in many cases turn abusive and leave lasting emotional scars. One of the hurtful aspects of social media is body shaming which has become a widespread phenomenon that continues to increase with the growth of social media.

As a result of consuming many social media, people are increasingly becoming uncomfortable with their bodies and look. In recent years, plastic surgery and bleaching of skin have become familiar with many people wanting to look like their filtered Facebook, Snapchat and Instagram photos. Social media significantly continue to play a crucial role in shaping people's lives, especially young people who emulate their significant role models on social media. Many incidences have been recorded where social media users receive cruel feedback regarding their bodies, especially if they do not match the unrealistic beauty standards set by today's society. The transformation by social media in content sharing has resulted in many issues relating to personal privacy have emerged, and cases of online harassment are now more common. Even with the entire positive attributes of social media, multiple concerns of the users about privacy continue to cause debates. Cases of data breaches have alarmed many users, and many are now rethinking their relationships to social media and their data security. For example, the emergence of exploitation of private data, for example, the dramatic story of Cambridge Analytica, continues to raise eyebrows. Data mining has also become more rampant in the era of social media as the user continues to leave a data trail while using the internet.

**Annotated Bibliography**

Arnejo, et al. "Self-esteem and Facebook Utilization." International Journal of Engineering Science and Computing, vol. 9, no. 2, 2019, p. 19779. Accessed 6 May 2021.

The journal provides valuable insights and findings of an assessment to ascertain the association or correlation of usage of Facebook and how it affects students' self–esteem. The journal also proves that Facebook may pose both positive and negative affect to the users.

Deschamps, R., & McNutt, K. (2016). Cyberbullying: What's the problem? Canadian Public Administration, 59(1), 45-71. https://doi.org/10.1111/capa.12159

In this article, Deschamps and McNutt present findings on how cyber-bullying has become a severe problem in Canada, and the article includes cases of cyberbullying victims. The authors discuss the incidents of cyberbullying and how it has affected people, especially the youth. It features the highly published cases of young people who committed suicide and even recorded their experiences on social media.

"Facebook: How Facebook Use Big Data to Understand Customers." Big Data in Practice, 2016, pp. 69-74.

The journal explains how Facebook holds one of the most extensive and most comprehensive databases of personal information and uses Big Data every day. The journal also explains the illegal activity of selling users’ private data and the risks.

Jan, M., Soomro, S. A., & Ahmad, N. (2017). Impact of social media on self-esteem. European Scientific Journal, ESJ, 13(23), 329. https://doi.org/10.19044/esj.2017.v13n23p329

The journal provides findings of research conducted on students' use of social media platforms IoBM and Facebook. The journal provides information that proves that there is a strong relationship between social media and self-esteem. In the research findings discussed in this journal, the authors found that 88% of people compare themselves to Facebook.

Puluhulawa, Mohamad R., and Riski Husain. "Body Shaming Through Social Media As a Digital Crime In The Era of Disruption." Jambura Law Review, vol. 3, no. 1, 2021, pp. 112-123.

The source discusses digitalization and how it has ushered in an era of body shaming. The authors also examine the negative impact of body shaming and highlight how body shaming cases, for example, physical humiliation, continue to increase.