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Does Facebook, Twitter, Instagram influence well-being and self-esteem among early adolescents?

Abstract

Does Facebook, Twitter, Instagram influence well-being and self-esteem among early adolescents? Social media has forever changed how we interact with the world. In many ways, Facebook, Twitter, Instagram and the like have become an integral part of our individual identities. This is particularly true in adolescent and young adult populations. Social scientists are just beginning to understand the interplay between social media use and individual mental health. Research has demonstrated both negative and positive effects of social media use on wellbeing.

Czy Facebook, Twitter, Instagram wpływają na samopoczucie i samoocenę wczesnych nastolatków? Mass media na zawsze zmieniły nasze relacje ze światem. Pod wieloma względami Facebook, Twitter, Instagram i im podobne stały się integralną częścią naszych indywidualnych tożsamości. Jest to szczególnie prawdziwe w przypadku młodzieży i populacji młodych dorosłych. Naukowcy dyscyplin społecznych dopiero zaczynają rozumieć wzajemne relacje między korzystaniem z mediów społecznościowych i indywidualnym zdrowiem psychicznym młodego człowieka. Badania wykazały zarówno negatywne, jak i pozytywne skutki wykorzystania współczesnych mass mediów komunikacyjnych na samopoczucie, samoocenę i stan zdrowia użytkownikow.

Adolescence is a period of major conflicts interspersed by a tangle of fantasies, dreams, questions, doubts, in which the adolescent seeks their own identity and other relationships that determine the environment in which he/she lives. This phase cannot be understood separately by studying the biological aspects, psychological, social or cultural. This is because all the characteristics combined give unity to this phenomenon. Increasingly, the media has been present in adolescent life through mediums such as television, internet, radio, cinema, among others; a great impact on the lives of adolescents occurs because they simultaneously carry positive and negative influences, generating changes in the behavior of adolescents.

Adolescence is a period of not only new, more sophisticated mechanisms to cope with stress, but also the period of the formation of a new self-concept. Awareness of changes taking place with a teenager is stressful for him or her. Formed in childhood, the concept of the self as a result of rapid changes in physical and mental condition should be replaced by new, relevant features of adolescence, simultaneously taking into account the perception of its two most important aspects for a teenager in referential to social network – their parents and peers. There is no doubt that the formation of self-concept and psychological coping mechanisms are carried out in parallel, having a marked influence on the development of the adolescent's personality and interrelated. Therefore, theoretically and practically important and logical is the study of the reciprocal influence of coping mechanisms and self-concept in young adolescences.

1. Integration of Needs

Social networking sites group people together into specific groups much like a small community of people. They allow freedom to communicate with all types of people from around the world and with people of whom they normally would not interact. Social sites help friends and family stay in communication with each other via online updates regarding their lives, photo uploads, and video uploads.[1] They have truly introduced a new world to people by allowing consistent and constant communication with one another. On the other hand, these sites detract from live social interactions and have caused people to spend large amounts of time misusing them. Therefore, society must more closely examine the benefits of social networking sites and gain an understanding of how to use these sites effectively Hardy, S. A., Bean, D. S., & Olsen.

By and large, social media is an array of internet sites that make it possible to contact people from all over the world. It can be a conversation, holiday greetings, sharing photos, video and audio products.[2] Recent statistics say that about forty two percent of

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[1] H. Blom and others, *Finding friends online: online activities by deaf students and their well-being*, "PloS One" 9 (2014) 2, doi: 10.1371/journal.pone.0088351.

[2] A. Jimmefors and others, *Locomotion (empowering) and assessment (disempowering) self-regulatory dimensions as a function of affective profile in high school students*, "International Journal of School and Cognitive Psychology" 2014 no. 2, p. 103, doi: 10.4172/ijscp.1000103.

people use several online resources for communication.[3] The main mission of the owners of social networking sites is to give people the opportunity to get acquainted with each other, regardless of the part of the world in which they are located, to stay in touch with friends and family, to keep abreast of world events, and to share the emotions and things that for they are significant.[4] Dependence on social media, according to statistics, accounts for more than sixty percent Facebook, Twitter and Instagram users who visit the site daily, while forty percent users visit social media websites several times a day.[5]

One of the biggest reasons that encourage people to use social media is their relief of boredom and distraction from the life around them. Forms of behavior that are repeated consistently get into the habit, from which it is difficult to get rid of. As a result, a permanent member is more likely to develop, depending on the networking site.[6] Moreover, this behavior is widespread because of which researchers have deduced a psychological scale to measure addiction related to particular social networking sites. This scale has six grade estimations, comprising different operators, such as "you spend a lot of time thinking about Facebook and creating plans for how to use it" and "you are using Facebook to escape from personal problems."[7] An evaluation of "often" or "very often" on four of the six criteria is a sure sign of social networking addiction. What is even more interesting is the fact that psychiatrists have found that people who had experienced psychological instability and social insecurity are more likely to visit a social networking site.[8] It was also noted that people who praised their subscribers on Facebook and Twitter had stronger activity in the vicinity of the core region of their brain that is related to the "reward" for the action.[9] Based on all the studies it was found that many people who are addicted to social networks specifically use the site as a means to get the attention of other users and enhance their self-esteem.

2. Influence

A recent study conducted in December of 2012 examined young adolescents with mental illnesses and health conditions and how they used social networking.[10] The study

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[3] S. C. Theunissen and others, *Self-esteem in hearing-impaired children: the influence of communication, education, and audiological characteristics*, "PloS One" 9 (2014) 4, doi: 10.1371/journal.pone.0094521.

[4] *Pathways through adolescence: Individual development in relation to social contexts*, eds. L. J. Crockett, A. C. Crouter, London 2014.

[5] G. L. Cohen, D. K. Sherman, *The psychology of change: Self-affirmation and social psychological intervention*, "Annual Review of Psychology" 65 (2014), pp. 333–371.

[6] K. E. McPherson and others, *The association between social capital and mental health and behavioral problems in children and adolescents: an integrative systematic review*, "BMC Psychology" 2 (2014) 1, p. 7.

[7] J. L.Wang and others, *The effects of Social Networking Site (SNS) use on college students' friendship and well-being*, "Computers in Human Behavior" 37 (2014), pp. 229–236, doi: 10.1016/j.chb.2014.04.051.

[8] J. L. Wang and others, *The effects of Social Networking Site…*, op. cit.

[9] C. E. Verboom and others, *Longitudinal associations between depressive problems, academic performance, and social functioning in adolescent boys and girls*, "Developmental Psychology" 50 (2014) 1, p. 247.

[10] S. H. Konrath and others, *Changes in adult attachment styles in american college students over time a meta-analysis*, "Personality and Social Psychology Review" Apr 12, 2014, doi: 10.1177/1088868314530516.

identified the benefits as well as safety risks including unsolicited pornographic or violent content, sexual predation, cyber bullying, and social isolation. The benefits identified within the study were increased social contact with family and friends as well as the ability to develop new relationships by means of the internet.[11] The article stated that social networking, including participation in chat rooms and blogging may improve social connectedness, decrease isolation and enhance subjective well-being. The study concluded that people with mental illnesses prefer social networking sites, which allow for community integration so that they can find ways to cope with their problems and reduce social isolation.[12]

A study that was conducted in 2013 on underage use of social media websites revealed some rather disturbing facts. The study mentioned that companies use sites like Facebook to draw people's attention to them by offering promotions and deals for those who "like" their page.[13] It was revealed that while in theory, offering deals may promote economic growth of the company, those same deals attract underage users who sign up for social sites by lying about their age in order to gain access. The problem regarding social networking sites is that the registration process for joining these sites is that there is no external mechanism from stopping children from falsifying their ages to become members.[14] The biggest issue is that parents of young teenagers tend to be unaware of their online activities. Those children can stumble upon viruses and are at risk for cyber bullying.[15]

3. The negative impact of social media

In 2012, a survey was conducted in the US on communication services and their impact on the emotional state of the user. The results showed that fifty three percent of respondents said that social networking sites had changed their personal behavior, while fifty one percent of them said that these changes were in the negative direction.[16] Those who had confirmed that their lives were getting worse due to the use of social media resources were also found to feel less confident, compared to their friends.[17] In addition, the results of the survey showed that two thirds of participants reported difficulty

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[11] B. Newman, P. Newman, *Development through life: A psychosocial approach*, Boston 2014.

[12] H. Hauge and others, *Equine-assisted activities and the impact on perceived social support, self-esteem and self-efficacy among adolescents–an intervention study*, "International Journal of Adolescence and Youth" 19 (2014) 1, pp. 1–21.

[13] L. Reinecke, S. Trepte, *Authenticity and well-being on social network sites: A two-wave longitudinal study on the effects of online authenticity and the positivity bias in SNS communication*, "Computers in Human Behavior" 30 (2014), pp. 95–102.

[14] P. D. Parker, *Positive self-beliefs drive access to social support across high school*, Sydney 2014.

[15] M. H. Zalk and others, *Influences between online – exclusive, conjoint and offline – exclusive friendship networks: the moderating role of shyness*, "European Journal of Personality" 28 (2014) 2, pp. 134–146, doi: 10.1002/per.1895.

[16] H. Hauge and others, *Equine-assisted activities and the impact on perceived social support…*, op. cit.

[17] H. Blom and others, *Finding friends online…*, op. cit.

relaxing and sleeping after they used the site, while fifty five indicated that they felt worried or uncomfortable when they could not get authorization in social networks sites Hardy, S. A., Bean, D. S., & Olsen. The survey also identified that social interaction on the pages of such services communication, in particular Facebook, can have a negative impact on a full-time meeting people who already have a high threshold of anxiety.[18]

Cyber bullying, according to stopbullying.gov, is a type of bullying that uses electronic technology like phones and computers that have access to text messaging and social networking sites.[19] Cyber bullying is faceless, impersonal, humiliating, demeaning, and potentially dangerous to a teenager's mental and physical health. This can happen anywhere and anytime during the day and once something is posted, it can be difficult to delete.[20] The effects of this type of bullying can be detrimental to an adolescent's self--esteem. People who are cyber bullied have higher chances of substance abuse, skipping school, receiving low grades, and experiencing health problems than a happy person. An individual who is cyber bullied may experience lasting effects to their social, emotional, and psychological development.[21]

Ninety five percent of the younger generation that is in social networks has witnessed forms of intimidation on the Internet on social network sites while thirty three percent were victims of cyber-bullying.[22] Despite the fact that the majority of studies indicate a negative impact of social networks on the psycho-emotional health and well--being, some psychologists say that they can have the opposite effect.[23] A group of scientists discovered that status updates with positive emotions cause the same emotions within readers of these statuses. In fact, scientists believe that the viral spread of happiness is so great that it may cause an epidemic of well-being.[24]

In 2012, Medical Gazette, based on a prerequisite to the assumption of the use of Facebook, stated that Facebook can develop anxiety and increase a person's syndrome inferiority.[25] A relatively recent study, led by psychiatrist Ethan Kross of the University of Michigan, led to such a result; because of Facebook, users can become miserable. At first glance, Facebook gives a teenager an incredible opportunity to meet basic human needs for social relations. But instead of doing good, improving human well-being, it appears that the use of Facebook can lead to the opposite outcome.[26]

Social networks have a strong negative effect on the subjective well-being of adolescents – it is a state of satisfaction and their own lives.[27] A report analyzed the results of a survey of twenty four thousand families in America, conducted in 2010–2011. In the

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[18] H. Blom and others, *Finding friends online…*, op. cit.
[19] *Pathways through adolescence…*, op. cit.
[20] G. L. Cohen, D. K. Sherman, *The psychology of change…*, op. cit.
[21] S. C. Theunissen and others, *Self-esteem in hearing-impaired children…*, op. cit.
[22] A. Jimmefors and others, *Locomotion (empowering) and assessment…*, op. cit.
[23] K. E. McPherson and others, *The association between social capital and mental health…*, op. cit.
[24] J. L. Wang and others, *The effects of Social Networking Site…*, op. cit.
[25] G. L. Cohen, D. K. Sherman, *The psychology of change…*, op. cit.
[26] S. C. Theunissen and others, *Self-esteem in hearing-impaired children…*, op. cit.
[27] S. A. Hardy, D. S. Bean, J. A. Olsen, *Moral identity and adolescent prosocial and antisocial behaviors: interactions with moral disengagement and self-regulation*, "Journal of Youth and Adolescence" 2014, s. 1–13, doi: 10.1007/s10964-014-0172-1.

survey, teenagers were asked to evaluate the level of satisfaction with their lives, to talk about how often they use social networking sites and how often they meet friends' live.[28] As it turned out, the more people use social networking, such as Facebook, Twitter and Instagram, the less its satisfaction. The reason is simple- people who spend too much time on social media deprive themselves of all the joys of live communication, which is the key to a positive emotional state.[29] But there is another factor that people do not pay attention to- social networking illustrates a fundamentally different emotion. The fact that people are forced to defend their point of view to a much wider audience, including people with whom their lives are not familiar means they are unlikely to ever become friends in real life due to the vastly different characters and beliefs, analysts explain.[30] In other words, in real life, people will form a circle of friends on the basis of mutual sympathy and common beliefs. In the social network, to form a circle is impossible.[31] Therefore, in real life, spending time with friends evokes positive emotions and increases satisfaction, while the Internet does not.[32]

According to the report, the situation could change if the owners of social networks implemented sorting mechanisms, automatically excluded from the circle of friends the user contacts, in a conversation that may cause aggression.[33] However, such mechanisms are not beneficial to the creators because long heated discussion increase traffic and therefore revenue.[34]

The report refers to a variety of similar studies in recent years, the authors of which on the social networks have come to similar conclusions. One such study was conducted by analysts at Fordham University and Pace University and is dedicated to the world's largest social network Facebook.[35] According to the study published in January 2013, the brainchild of Mark Zuckerberg makes adolescents feel unhappy because they feel that their friends in the social network live a fuller life. Apart from the fact that social networks have a negative impact on the emotional state, some researchers argue that they are also addictive drug akin.[36] In 2012, experts from Harvard University discovered why some manic adolescents seek to publish new posts to Facebook, Instagram, and other networks. As it turned out, this action activates their brain processes similar to those that occur during eating and sex.[37]

A new study examined how Facebook affects the sense of social belonging. Researchers led by Dr. Stephanie Tobin conducted two studies focused on the latent or passive participation on Facebook and ostracism to analyze how participants felt.[38] In the

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[28] H. Blom and others, *Finding friends online…*, op. cit.

[29] A. Jimmefors and others, *Locomotion (empowering) and assessment…*, op. cit.

[30] G. L. Cohen, D. K. Sherman, *The psychology of change…*, op. cit.

[31] S. C. Theunissen and others, *Self-esteem in hearing-impaired children…*, op. cit.

[32] C. E. Verboom and others, *Longitudinal associations between depressive problems…*, op. cit.

[33] S. H. Konrath and others, *Changes in adult attachment styles…*, op. cit.

[34] K. J. Mitchell, M. L. Ybarra, J. D. Korchmaros, *Sexual harassment among adolescents of different sexual orientations and gender identities*, "Child Abuse & Neglect" 38 (2014) 2, pp. 280–295.

[35] C. E. Verboom and others, *Longitudinal associations between depressive problems…*, op. cit.

[36] K. J. Mitchell, M. L. Ybarra, J. D. Korchmaros, *Sexual harassment among adolescents…*, op. cit.

[37] H. Hauge and others, *Equine-assisted activities and the impact on perceived social support…*, op. cit.

[38] L. Reinecke, S. Trepte, *Authenticity and well-being on social network sites…*, op. cit.

first study, researchers observed the group that often came on Facebook. In the study, half of the participants actively communicated while the other half watched passively. The study found that when participants were not sent a message within two days, it negatively affected their mood. In the second study, groups anonymously posted comments on Facebook. Half of the group had no feedback. In both cases, they were asked about their feelings of self-worth. Passive participants felt a sense of rejection and low self-esteem. The researchers concluded that active participation on Facebook has played a key role in the sense of belonging among the users of social media.[39]

4. Identity development and the internet

Researchers have begun to explore the potential of social networks for the formation of social capital among the users. The new forms of social capital and building relationships occur on social networking sites due to the fact that new technologies, such as mailing lists, posting photos and new opportunities to find information, allow users to keep in touch with one another.[40] Social networking sites are bound to increase the number of weak links, which the user is able to maintain in view of the fact that they are well-suited for simple and cheap means of maintaining ties.[41] Services like Twitter, Facebook and Instagram allow users to create and maintain a large, dispersed or diffuse network of relationships from which adolescents can draw resources.[42] Adolescents overall levels of social capital allow them to establish and maintain contact and saved social capital – a form of social capital which refers to the ability to remain connected with the community. The relationship between the use of Facebook and the accumulation of social capital is stronger in students with low self-esteem than students with high self-esteem.[43] This points out to the fact that young people use Facebook, Twitter and Instagram to have large and diverse friendship networks.

As young adolescents, the use of social media platforms help them to turn hidden contacts in real relationships, often reducing the barriers that otherwise would have prevented the establishment of these relations.[44] For people who have a lot of friends, there is more reason to use Facebook and Instagram. In this case, the multiplication of friends on social networks serves as the main goal – to allow people to keep in touch with a wide range of individuals who might come in handy in the future. It also reflects a kind of a panacea for young adolescents faced with different kinds of possible troubles and problems.[45]

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[39] P. D. Parker, *Positive self-beliefs drive access…*, op. cit.

[40] C. E. Verboom and others, *Longitudinal associations between depressive problems…*, op. cit.

[41] S. H. Konrath and others, *Changes in adult attachment styles…*, op. cit.

[42] K. J. Mitchell, M. L. Ybarra, J. D. Korchmaros, *Sexual harassment among adolescents…*, op. cit.

[43] *Pathways through adolescence…*, op. cit.

[44] G. L. Cohen, D. K. Sherman, *The psychology of change…*, op. cit.

[45] A. Jimmefors and others, *Locomotion (empowering) and assessment…*, op. cit.

Facebook, in particular, provides technical support needed for social interaction. In addition to the multitude set of features for sending messages – placing posts on the wall, "winks" and exchange direct messages – the system facilitates face to face communication and other media using the contact information included in user profiles.[46] In this way, Facebook is related to self-esteem people willing to help those who have lower self-esteem by starting conversations with other users, while simultaneously avoiding a phone call, thereby helping to overcome shyness.[47]

Therefore, it is convenient to communicate on the network because it helps to overcome some of the natural seclusion and restraint. Young adolescents would never call someone who they do not know very well personally, but instead can write a few sentences on the network; it is easy and non-binding.[48]

Authors of previous studies on the role of personal relationships in the self-esteem of young people have focused on a close intimate relationship in relation to the study of the use of social media mediums to maintain relationships, mainly focused on close ties.[49] The accumulation of social capital depends on the ability to develop and maintain weak links, and not a close relationship. Social networks help to meet the needs of young people in developing and maintaining relationships at a stage in their lives when they leave the parental home to live independently or go to university.[50] Their challenge is not to lose former acquaintances and connections, while remaining open to friendships in a new environment – in the classroom, in the dorms and during student activities. Online network services, such as Facebook, Twitter and Instagram, play an important role in facilitating the maintenance and preservation of close friendships and remote connections, which help to create and accumulate social capital.[51] The ability to make friends through social networks of the real world allows users to maintain easy contact with a wide circle of acquaintances. Opportunities available online, allow young teenagers to post information about themselves and watch what makes a wide circle of friends in the network.[52] More importantly, the site creates a technical and social infrastructure for social interaction. For example, there is a tool for direct technical support via communication link within the application (by placing posts on the wall, winks, messages, etc.) and the inclusion of user contact information.[53] In addition, by viewing profiles of people on the site, users can access information of certain people, which helps to communicate face to face since it is an important source of information about the preferences of other people and their personal characteristics, for instance.[54]

Getting information about someone's hidden links may reduce the initial barriers to contact because it allows identifying some common characteristics and traits

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[46] G. L. Cohen, D. K. Sherman, *The psychology of change…*, op. cit.
[47] S. C. Theunissen and others, *Self-esteem in hearing-impaired children…*, op. cit.
[48] J. L. Wang and others, *The effects of Social Networking Site…*, op. cit.
[49] K. E. McPherson and others, *The association between social capital and mental health…*, op. cit.
[50] M. H. Zalk and others, *Influences between online – exclusive, conjoint and offline…*, op. cit.
[51] H. Hauge and others, *Equine-assisted activities and the impact on perceived social support…*, op. cit.
[52] C. E. Verboom and others, *Longitudinal associations between depressive problems….*, op. cit.
[53] B. Newman, P. Newman, *Development through life: A psychosocial approach…*, op. cit.
[54] K. J. Mitchell, M. L. Ybarra, J. D.Korchmaros, *Sexual harassment among adolescents…*, op. cit.

as well as learning many important things about other people's lives, in what respects they are composed with other users.[55] It dulls the fear of rejection. It is understandable why students with lower self-esteem receive more from the use of social mediums than students with higher self-esteem since these platforms facilitate communication, especially when establishing the initial interaction.[56] Students with lower self-esteem may have more difficulties than students with high self-esteem. For such individuals, social networks make it easier to interact with other people outside of close personal networks as opposed to making contact with people in class or dorm as well as in cases of a casual acquaintance.[57]

Although at first glance a large number of friends may indicate superficial, shallow relationships, networking features just meet the expectations of users of the network that was originally created for those who aspire to the accumulation of social capital.[58] While the average length of friends may reflect a person's presence on a site, the online services of social networks seem to offer important opportunities, especially for those who otherwise would experience difficulties in developing and maintaining large and diverse networks of acquaintances, serving as a source of social capital.[59]

5. The positive side of social networks

Imagining modern adolescents without social networking today is simply impossible. Starting from the age of three, children independently turn on the computer and play their favorite games while in school one of the first things undertaken by young teenagers involves looking for their new classmates on the various social networks.[60] The leading activity of teenagers is communication with peers. Communication is very important for teenagers as it constitutes as a new, modern medium of news channel; it forms a teen social interaction skills. Thus, the importance and singularity of this age in the development of personality can be witnessed.[61]

The development of the Internet and technology has changed dramatically in terms of changing the way of thinking and way of life of young people. Young adolescents can say a lot more over the network than in real life, and not feel uncomfortable with this as they have time to think about their idea and express it more precisely.[62] Today, most young people prefer to blog to get other people's opinions on various occasions. The network enables the diffident teenager to feel needed. Teens upload photos and videos,

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[55] S. H. Konrath and others, *Changes in adult attachment styles…*, op. cit.

[56] C. E. Verboom and others, *Longitudinal associations between depressive problems…*, op. cit.

[57] L. Reinecke, S. Trepte, *Authenticity and well-being on social network sites…*, op. cit.

[58] M. H. Zalk and others, *Influences between online – exclusive, conjoint and offline…*, op. cit.

[59] P. D. Parker, *Positive self-beliefs drive access…*, op. cit.

[60] A. Jimmefors and others, *Locomotion (empowering) and assessment…*, op. cit.

[61] H. Jurjewicz, *Social work methods & skills. Scientific analysis and practice based on the experience used in New Jersey and New York*, "Charity Philanthropy and Social Work" 2015 No.1, pp. 15–30.

[62] J. L. Wang and others, *The effects of Social Networking Site…*, op. cit.

without fear of condemnation by, and ignoring extraneous criticism.[63] In the network, they are not afraid to be misunderstood, unappreciated.[64] Many people think that networking pages are a mirror of the soul of modern youth and contribute to the development of personality. Some teens even spread their own work – poems, songs, music videos. It also occurs through their registration pages: interests and hobbies.[65]

In a nutshell, social networks offer and represent everything a young teenager needs at this age- socialization, communication, self-expression, the creation of his or her image, finding interests and the formation of opinions, and most importantly independence.[66]

6. Limitations of social networks

When it comes to social networks, young adolescents become part of a community often without proper supervision from their parents. The urgency of the problem regarding the influence of social networks on the socialization process of adolescents is obvious as in such an important stage in the formation of personalit.[67] Adolescents appear dependent in the virtual world. Communication of modern young individuals mutates and substitutes true feelings and sensations on virtual experiences.[68] Many young adolescents also develop a two-faced personality, posing on a network as someone else they are not quite as opposed to their projection in reality.[69]

Social networks may also serve as a source of influence for young narcissists. A study included hundred university students and found that those who were more narcissistic invoked tendencies and took advantage of social networks, such as Facebook and Instagram, to self promote their personality and physical appearance.[70] In the "About Me" section featured, certain young people had information about their intelligence and photographs of their physical activities rather than recalling past moments with friends. This can be viewed as a pervasive pattern of grandiosity, need for admiration, and an exaggerated sense of self-importance.[71] To the narcissist, Facebook serves as a gateway for superficial relationships.[72] The survey among hundred university students found a significant correlation between narcissism and self-promotion in the areas of user profile as Main Photo, View Pictures, Updates and Notes. Young adolescents

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[63] K. E. McPherson and others, *The association between social capital and mental health…*, op. cit.

[64] *Pathways through adolescence…*, op. cit.

[65] H. Blom and others, *Finding friends online…*, op. cit.

[66] S. L. Marshall and others, *Is self-esteem a cause or consequence of social support? A 4-year longitudinal study*, "Child Development" 85 (2014) 3, pp. 1275–1291.

[67] W. L. Johnson and others, *Intimate partner violence and depressive symptoms during adolescence and young adulthood*, "Journal of Health and Social Behavior" 55 (2014) 1, pp. 39–55.

[68] S. L. Marshall and others, *Is self-esteem a cause or consequence of social support?…*, op. cit.

[69] S. H. Konrath and others, *Changes in adult attachment styles…*, op. cit.

[70] W. L. Johnson and others, *Intimate partner violence and depressive symptoms…*, op. cit.

[71] M. Tiggemann, A. Slater, *NetTweens the internet and body image concerns in preteenage girls*, "The Journal of Early Adolescence" 34 (2014) 5, pp. 606–620.

[72] S. L. Marshall and others, *Is self-esteem a cause or consequence of social support?…*, op. cit.

who posed as the biggest narcissistic tendencies also spent more time on Facebook and consulted the social network more times per day. The study also noted that social networking users in general have a lot of control over their presentation, showing to other users only their best portrayal.[73]

Adolescence, with regards to socialization of the individual, necessitates communication at this age. Contemporary social psychology has long been faced with the phenomenon of "loneliness in the crowd" due to the constant usage of social networks.[74] This pertains to loneliness among people in a large team or large organization. While this helps the development of telecommunications and computer technology, it also reduces the communicative potential of young people.[75]

Studies concerning the nonattendance of belonging depict this sensation in diversity of courses, for example social detachment, exclusion, and social disengagement. Social exclusion, characterized as being disregarded or avoided, has been found to straightforwardly debilitate the mental need to belong.[76] A subsidiary of the term, cyberostracism, has been made to depict the feeling of exclusion that can now and then happen in online social situations. This idea is focused around the conviction that being kept out, discarded, or disregarded in these situations can be generally as terrible as the identical in disconnected from the net experiences.[77] Like exclusion, cyberostracism has additionally been found to debilitate a feeling of having a place. Teenagers may be all the more emphatically influenced by cyberostracism, and may put more need on consideration by their companions than youngsters or grown-ups do.[78] Being denied access to selective Facebook groups, de-friended or blocked from seeing others' profiles, or denied access to tailing others on Twitter might likewise instigate comparable sentiments.[79]

Participation on the various social networking websites is harmful for children. It is a risk to children and youth in that they may be misused by others on the website.[80] Befriending someone over the social media sites is very easy. All that is required is to send a friend request and you can friend a person upon approval. Young teenagers do not know the importance of becoming friends with only people they know personally.[81] In an attempt to prove themselves very gregarious, many young adolescents become friends with people whom they do not even know personally. This is dangerous for them, which is reflected in the increase in number of cases where young teenagers get exploited over the internet.[82] In worst cases, this exploitation may lead to child abuse. There are people on the internet who have psychological issues, and join these social

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[73] K. J. Mitchell, M. L. Ybarra, J. D.Korchmaros, *Sexual harassment among adolescents…*, op. cit.

[74] B. Newman, P. Newman, *Development through life: A psychosocial approach…*, op. cit.

[75] C. E. Verboom and others, *Longitudinal associations between depressive problems…*, op. cit.

[76] S. L. Marshall and others, *Is self-esteem a cause or consequence of social support?…*, op. cit.

[77] H. Hauge and others, *Equine-assisted activities and the impact on perceived social support…*, op. cit.

[78] J. L. Wang and others, *The effects of Social Networking Site…*, op. cit.

[79] P. D. Parker, *Positive self-beliefs drive access…*, op. cit.

[80] M. H. Zalk and others, *Influences between online – exclusive, conjoint and offline…*, op. cit.

[81] L. Reinecke, S. Trepte, *Authenticity and well-being on social network sites…*, op. cit.

[82] C. E. Verboom and others, *Longitudinal associations between depressive problems…*, op. cit.

networking sites with the motive of finding young children for abuse and exploitation, as they are easy to manipulate.[83]

Social networking is also considered a total waste of time.[84] Social websites have many ways of making the users addictive to the social networking websites. For instance, there are many games on the social networking websites such as Facebook that are meant only to get people glued to the website. These include games like Farmville, Treasure Hunt, Poker, Happy Aquarium and other applications. These games are played in stages. Once the user completes a stage he or she is awarded points to motivate him into playing further. This is one of the major reasons behind today's sedentary lifestyle and the accompanying diseases and illnesses.[85]

Social networking gives people a chance to intrude into other people's lives and get information on them. This is immoral and unethical. It also makes people judgmental and they end up making faulty assumptions about their loved ones' relationships with others.[86] Some people are addicted to social networking and are stalkers, to say the least. People also waste their money on these social networking websites. Money that they could use for buying something good for themselves is spent on buying points on these forums.[87]

Facebook, Twitter, Instagram and other networks are interesting tools to share information and to get closer to those people who cannot keep much contact in real life.[88] On the other hand, it is a space where young adolescents encounter perfect lives that sometimes make them resent the path they are following.[89] A recent survey conducted found that one in three Facebook users feel less satisfied with their lives after visiting a particular network. The feeling is even greater when a person has no interesting news to post.[90] This happens because their self-esteem, the subjective evaluation people make of themselves, can be easily affected by external factors at certain times of life. There are situations when young teenagers are frail and out of touch with their true value and fail to recognize and deal with the strengths and weaknesses of their personality.[91] This is the time when the uncertainty affects a young person's confidence and the internal dialogue – that voice in a person's thoughts that accompanies them every day at all times – going to sound so pessimistic.[92]

The problem also lies in the fact that young teenagers let themselves be influenced by unrealistic images. Users of social networks speaking only of their best attributes, after all, expose themselves to the world and want to look special, which accompanies

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[83]　S. H. Konrath and others, *Changes in adult attachment styles…*, op. cit.

[84]　B. Newman, P. Newman, *Development through life: A psychosocial approach…*, op. cit.

[85]　L. Reinecke, S. Trepte, *Authenticity and well-being on social network sites…*, op. cit.

[86]　H. Jurjewicz, *Religious-acculturational and cultural-integrating dimension of the Polish pastoral care in the United States of America*, "Społeczeństwo Kultura Wartości, Studium Społeczne" 2013 nr 5, pp. 193–204.

[87]　H. Blom and others, *Finding friends online…*, op. cit.

[88]　G. L. Cohen, D. K. Sherman, *The psychology of change…*, op. cit.

[89]　A. Jimmefors and others, *Locomotion (empowering) and assessment…*, op. cit.

[90]　S. C. Theunissen and others, *Self-esteem in hearing-impaired children…*, op. cit.

[91]　H. Jurjewicz, *Social work, youth perception, career choice and own lived experience*, "Charity Philanthropy and Social Work" 2015, No.1, pp. 81–93.

[92]　M. H. Zalk and others, *Influences between online – exclusive, conjoint and offline…*, op. cit.

the incentive to receive positive comments.[93] Only 7% of communication depends on the words, which is what young teenagers have access to mostly on social networks. Alternatively, a massive 58% of the meanings of communication arise in non-verbal information such as body language- it is difficult to capture the entire message since the messenger cannot be observed.[94]

The users of Facebook and other social networks should beware of inflated self-esteem caused by "likes" or positive feedback from good friends and close friends. This can affect their behavior and reduce self-control.[95] This conclusion follows from the research of scientists from the University of Pittsburgh and the Business School at Columbia, which was recently published in the Journal of Consumer Research. Using Facebook tends to weaken vigilance and human impact on the self.[96]

7. Findings

One thousand US Facebook users were observed over the course of five separate studies.[97] In the first study, researchers discovered how closely connected friends in Facebook actually were. During this study, participants with weak links of self-esteem did not depend on the "likes" and distinctions they received, as opposed to those who were strongly attached to their friends – this dramatically increases the sense of self-esteem.[98]

In the second study, it was assessed how self-esteem grows and what affects it. People with strong ties experienced a greater sense of self-esteem when they are focused on creating and maintaining an image that would demonstrate the social networks. By posting information online people hope that it will support their close friends.[99]

The third and fourth studies helped to establish the relationship between self-esteem and self-control. A fifth study was to analyze the use of chat in social networks to communicate with those who have a poor self-control. This included participants communicating with strangers and discussing topics, such as their height and weight, the amount of credit card debt and other personal and inconvenient questions.[100] Hence, research results are important for policy because each individual's self-control constitutes as important mechanism for maintaining social order and well-being in society.[101] People who eagerly and passionately approve friend requests are clearly more susceptible to psychological manipulation and are ideal objects and potential victims

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[93] H. Hauge and others, *Equine-assisted activities and the impact on perceived social support…*, op. cit.
[94] W. L. Johnson and others, *Intimate partner violence and depressive symptoms…*, op. cit.
[95] S. L. Marshall and others, *Is self-esteem a cause or consequence of social support?…*, op. cit.
[96] W. L. Johnson and others, *Intimate partner violence and depressive symptoms…*, op. cit.
[97] C. E. Verboom and others, *Longitudinal associations between depressive problems…*, op. cit.
[98] L. Reinecke, S. Trepte, *Authenticity and well-being on social network sites…*, op. cit.
[99] P. D. Parker, *Positive self-beliefs drive access…*, op. cit.
[100] J. L. Wang and others, *The effects of Social Networking Site…*, op. cit.
[101] K. E. McPherson and others, *The association between social capital and mental health…*, op. cit.

of the latest methods of advertising, missionaries' totalitarian sects and even scout extremist communities.[102]

8. Conclusion

Social networking has certainly changed the modern society. The influence is both positive and negative. The influence of social networks on society depends on how a particular young adolescent uses it. If he or she uses social networking for constructive purposes, it will have positive influence on the society. If, however, the young teenager uses it for negative purposes, then it will have negative implications for the society. Hence, whether or not social networking has changed the modern society for the better or for the worse depends totally on the way the society is and will be using the social network.

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[102] S. C. Theunissen and others, *Self-esteem in hearing-impaired children…*, op. cit.

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