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Writing & Rhetoric

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Annotated Bibliography

Research Question: Can technology make us feel alone?

Thesis: The closer we get to technology the more we find it influencing our day to day habits, expectations of reality and even stimulating certain emotions.

Rodriguez, Salvador. "Cutting back on Facebook or Snapchat Will Make You Less Depressed,

Study Says." *CNBC*, CNBC, 12 Nov. 2018,

<https://www.cnbc.com/2018/11/12/cutting-back-on-social-media-reduces-loneliness-depression-study-finds.html>.

This article elaborates on how limiting daily uses of social media can actually influence one's mental state. It reflects on a study that was taken to prove this claim, one where students were split into two groups; one allowed to use social media as they would normally and the other limited to 10 minutes daily. The group that was limited is said to have experienced a decline in depressive symptoms and this is then backed a student interview. I choose to use this article because it gave more of a scientific insight from a popular source. This will be used as a general claim for my paper, one that has; instead of strong claims, actual research that supports the hypothesis. Not only that, but it mentioned Facebook could not be reached to comment on the

and Snapchat refused to comment. I think this will be a great thing to mention in the long run, how these popular platforms are aware of its effects but due to its profits; taking little to no action in limiting negative interpretations.

- a. The keywords used to find this source was:
 - i. Too much media can lead to depression
 - ii. Social media and mental health impact
 - iii. Facebook and Snapchat makes you depressed

Though other studies have found correlations between social media and mental health issues, this study claims to be the first “to establish a clear causal link between decreasing social media use and improvements in loneliness and depression.” (Rodriquez)

Paraphrase: There have been other studies that correlate social media with mental health, but this study was the first to have test groups that observed a human’s reaction to limited social media exposure.

The students were split into two groups: one that continued to use social media as normal and another that was limited to using each social service to 10 minutes per day. Students sent researchers screenshots of their iPhone battery usage, which shows how many minutes are spent on each app each day, to track their usage of the apps. (Rodriquez)

Paraphrase: Two groups are formed to run a study on media intakes and their impacts. To keep up with validity, they sent in screenshots of battery and app usage.

Twenge, Jean. "Why Is Everyone So Unhappy All the Time?" *Vice*, 23 Jan. 2018,

www.vice.com/en_us/article/kzn9d3/cell-phones-linked-to-unhappiness.

This article stresses the notion that technology does indeed have an impact on a person's mental health and happiness. A test group is run, one is limited to the use of Facebook and the other continuously using it. The ones who were limited its exposure were seen less lonely and less depressed and it elaborates on another test group that would validate this. The data for this article backs up the claim that social media could be good for you when limited, but lead to lonesomeness when taking in too much. Vice is a fairly known news platform for teens, so it would be considered a popular article. I believe this source not only mentions actual research, but it doesn't completely downgrade the use of social media. Instead of saying 'social media is terrible and needs to go', it simply reflects on how a little too much of it can have a negative impact on our lives without us picking up on it.

- a. The keywords used to find this source was:
 - i. Social media makes us sad
 - ii. Social media and mental health
 - iii. Media and its negative impacts

Sure enough, teens' happiness suddenly plummeted after 2012 (the year when the majority of Americans owned smartphones). So did teens' self-esteem and their satisfaction with their lives, especially their satisfaction with their friends, the amount of

fun they were having, and their lives as a whole. These declines in well-being mirror other studies finding sharp increases in mental health issues among iGen, including in depressive symptoms, major depression, self-harm, and suicide. (Twenge)

Paraphrase: Teens' happiness declined during the same period where a majority of Americans owned smartphones, this period also came with a sharp increase in mental health issues.

Somewhat surprisingly, we found that teens who didn't use digital media at all were actually a little less happy than those who used digital media a little bit (less than an hour a day). Happiness was then steadily lower with more hours of use. Thus, the happiest teens were those who used digital media, but for a limited amount of time. (Twenge)

Paraphrase: When researched, teens' who were never exposed to digital media were found less happy, leading to the claim that limiting the use of media is more beneficial than abandoning it completely.

Health, Suttor. "Raised and Confused: Screen Babies." *Is Social Media Making Us Unhappy?*,

VICE, 31 July 2017,

https://video.vice.com/en_us/video/raised-and-confused-screen-babies/5926f78d3819836b1004d28c.

This video dives into the problem of children in this generation's exposure to the media at a young age. It mentions conducting research on kids' attitudes when playing with an actual toy and playing with a tablet, for the toy it was more gentle and for the tablet the child is seen to be

more defiant and inability to listen to the world around them. They witness and pursue things online but do not actually apply it to the real world, diminishing opportunities and brain development. This video was derived from a popular media company, Vice. This source gives research not only among teens but the new generation, mentioning how this addiction to media is starting at young ages. It shows the innocent, one who has yet to experience those heartaches of life, actually react to the devices when it is taken away from them. How sad they are when apart from it and how isolated they are when seated in front of it.

- a. The keywords used to find this source was:
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“A 2015 study of 350 families found that one in three children had used a cell phone before age one. By age four, 75% of children had been given their own mobile device.” (American Academy of Pediatrics)

Paraphrase: Studies are showing that children are being exposed to phones before the age of one and acquiring their own device at the age of four.

There is very little going on in current educational media. Children are just watching, almost as if they are in another world instead of actually comprehending. This plays a problem when going to school because now it is print instead of pictures.... Media very

very early on, they are likely not to have the critical behaviors that are associated with later literacy development. (Neuman)

Paraphrase: Although there are various amounts of educational platforms targeting children, they are ingesting without actually understanding what they are taking in. This can take a toll when being exposed to printed school work and not a visual.

Miller, Caroline, and Child Mind Institute. “Does Social Media Cause Depression?” *Child Mind*

Institute, 2019, [childmind.org/article/is-social-media-use-causing-depression/](https://www.childmind.org/article/is-social-media-use-causing-depression/).

This article combats the depressive source of social media and how it is disrupting our day to day life. It reflects on various ways social media can limit one’s self-esteem, how it can lead to isolation, lack of concentration, sleep deprivation and so on. This is an article from an academic platform. This not only gives detailed research and descriptions of ways social media can influence attitude, but it provides a way to limit the negative effects of its use. Having this will provide a segway on how one can continue using social media without suffering from the unfavorable results.

- a. The keywords used to find this source was:
 - i. Depression in media
 - ii. Can you get depressed by social media?
 - iii. Effects of too much media

Instead, we might be occupied with worrying why we weren't invited to a party we're seeing on Instagram, or making sure we don't miss a single post from a friend. But if we're always playing catch-up to endless online updates, we're prioritizing social interactions that aren't as emotionally rewarding and can actually make us feel more isolated. (Miller)

Paraphrase: Instagram(as well as other forms of social media) can have someone unintentionally feel isolated, due to the content(sometimes unrealistic) that is being displayed.

Research shows that 60 percent of adolescents are looking at their phones in the last hour before sleep and that they get on average an hour less sleep than their peers who don't use their phones before bed. Blue light from electronic screens interferes with falling asleep; on top of that, checking social media is not necessarily a relaxing or sleep-inducing activity. Scrolling on social media, notes Dr. Hamlet, can easily end up causing stress. (Miller)

Paraphrase: 60 percent of young adults look at their phones before bed, the same group is getting less sleep than their peers due to the blue light from device screens. The blue light which interferes with falling asleep.

Marchant, Amanda. "A Systematic Review of the Relationship between Internet Use,

Self-Harm and Suicidal Behaviour in Young People: The Good, the Bad and the Unknown." *PLOS ONE*, Public Library of Science,

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0181722>.

This article attempts to dictate the correlation with internet exposure and suicidal behavior in adolescence. It mentions how online behavior can harm someone while also being used to their benefits such as online support, therapy and its allowance of some sort of interaction online, instead of none at all. This is an academic journal article. The excessive information provided in this journal article will not only benefit my paper when it comes to it being factual, but it will supply various accounts and tables.

- a. The keywords used to find this source was:
 - i. Internet negative effects
 - ii. Social media and mental health
 - iii. Internet connect with teen suicide

Three studies showed negative influences, the studies being rated as low or low/medium quality. It was found that young people attending emergency departments are increasingly using social media to communicate distress prior to hospital attendance for self-harm, particularly to a peer rather than an adult. Content analysis of open self-harm groups on Facebook revealed glorification and normalization of self-harm. While Facebook is a moderated site, groups are not moderated in the same way as support forums, where there are often rules on appropriate content. (Marchant)

Paraphrase: Research are showing that young people are now routing to social media to pour out their feelings rather than going to the hospital for self-harm. That being said, Facebook seems to be normalizing this with self-harm groups that are not monitored.

This could be addressed through further training and encouragement of clinicians working with young people who self-harm or have mental health issues to engage in discussion about internet use. This should be a standard item during assessment. It could include asking about the role of images/videos and designing treatment plans to maximize beneficial online behaviors and reduce associated harms. (Marchant)

Paraphrase: Clinicians are now being prompted to discuss internet use to patients so that they can properly pinpoint a proper treatment plan that will reduce self-harm.

Favotto, Lindsay. “The Role of Family and Computer-Mediated Communication in Adolescent Loneliness.” *PloS One*, Public Library of Science, 5 June 2019, www.ncbi.nlm.nih.gov/pmc/articles/PMC6550374/.

This academic journal explores the correlation between adolescent family life and technological forms of communication. It is stated when children have strong bonds with their family, it protects them from mental problems and loneliness. Introduction to computer mediated communication limits verbal communication with their surroundings, lessening the safety of a family relationship bestows children, leading to isolation. This article will be beneficial to my paper because not only does it combat the impact the internet has on mental state, but it ties in with family life and how it can blindly ruin what one uses for moral support.

- a. The keywords used to find this source was:
 - i. Internet and communication influence
 - ii. Media role in family life

Seminal reviews have defined loneliness as feelings that result from the absence of a social life that one desires, including a perceived discrepancy between the social contacts one has in relation to what they crave, an increase in their need for social connection that is not met, or a subjective feeling of isolation regardless of surrounding social opportunities. (Favotto)

Paraphrase: Loneliness is derived from social desires that have not been met, feeling of isolation growing regardless of registering the opportunities around them.

Strong family relationships protect youth from experiencing a wide range of adversities and mental health problems. Canadian data show that 71–80% of Canadian youth report feeling trusted by their parents and 67–84% report having a happy home life, which suggests that most Canadian youth experience strong relationships with their family. The link between family support and adolescent mental distress has been established; however, little evidence exists regarding the role of the family in the relationship between CMC and loneliness. Previous research has identified a negative association between CMC and time spent face-to-face with family. Thus, the use of CMC and reduced family interaction may negatively impact social connectedness and increase risks of loneliness among youth. (Favotto)

Paraphrase: Family relationships can help youth from experiencing misfortunes and mental health problems. Though there is little evidence, the lack of face to face family interaction can lead to loneliness.