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English Composition I

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Does Social Media Cause Toxic behavior

Does Social media animate toxic behavior in teenage boys? The answer is yes social media can animate toxic behavior. The reason behind this thinking is due to the films we watched in class Miss Representation and the mask you live in. These films talk about social media and the negative affects on them. My thinking behind social media and toxic behavior is because of Cyber Bullying. Cyber bullying is a form of Bullying that can take place on social media and can cause big problems. My other reason is focusing on likes, focusing on likes can be bad. Focusing on likes can even affect your brain. The Last reason to why I think social media can animate toxic behavior is making comparison. Making comparisons can also be dangerous as it can cause mental health issues.

Let’s start with cyber bullying. Cyber bullying is a forum of bullying that takes place on social media “Instagram, Facebook and Twitter” Text messages instant messages and Email.” Cyberbullying Tactics.”  Teenage boys experience cyber bullying with insults towards each other “Male and Female Differences. Most of these insults are homophobic slurs direct, “Male and Female Differences and another percent are actual threats against the person. In fact, a two thousand and six study showed that one in four boys have been cyber bullied. And over half of the boys knew someone who was being cyber bullied. “Male and Female Differences The worst cast scenario for cyber bullying would be something going viral. “Cyberbullying.” *National Bullying Prevention Center*” Going viral means that a photo or a saying has gone all over the internet or all over the school. Something like that could easily ruin someone’s life. So, would I say cyber bullying can cause animate behavior I would say yes. Cyber Bullying can be done in so many ways it’s practically unavoidable if you are being cyber bullied. Cyber bullying has been a problem for a while and there should be no reason why it dosen’t animate toxic behavior. And the fact that a two thousand six study showed that one in for boys have been cyber bullied shows that there is a problem with cyber bullying.

The other reason behind toxic behavior on social media is focusing on likes. A study has shown that receiving likes on social media is like eating candy or winning money. Our brains responded to social media the same way it does with real life connections, it releases dopamine, “Start Digital, and Start Digital. “The Psychology of Being 'Liked' on Social Media” a feeling of pleasure for the person. Essently the more likes we get the more dopamine we feel. Even Instagram noticed this and is testing a feature right now that will hide likes. “Hutchinson, Andrew. “Instagram Tests Hiding Like” In conclusion does focusing on likes create toxic behavior? I would also say yes, the fact that focusing on likes can respond the same way as eating candy or win money is pretty scary. The fact that the more likes we get means the more dopamine is released is scary. Who knows maybe it could even drive someone crazy because of all the likes they are getting? Lastly the fact that Instagram, a place where liking can be so crucial is testing a feature that will hide likes means that there is a problem. So, does focusing likes cause animate behavior on social? I would say so the proof is there.

My final reason making comparisons. The social comparison theory states that individuals determined their own social and personal worth based on how they stack up against others. “**Social Comparison Theory.” *Psychology Today*, Sussex Publishers**” as a result, humans are comparing attractiveness, wealth, intelligence and success. Making comparisons can lead to smiling depression, “Social Comparison Theory.” *Psychology Today*, Sussex Publishers, anxiety Tanney, Alexa. “Social Comparison Theory. Smiling depression means we appear happy and smiling when in reality we are miserable. With social media we are able to look happy and only focus on one part of our lives. Anxiety is caused when you start making comparisons on social media. You start to think about what you don’t have. Anxiety is also caused by the celebrity culture on social media **Social Comparison Theory.” *Psychology Today*, Sussex Publishers**. In conclusion does making comparisons cause a negative effect on social media? I would say yes, making comparisons can cause depression and anxiety. Two mental diseases that can harm the human body. Making Comparisons can also cause you to focus on what you don’t have. That can also affect your brain heavily.

In conclusion This research project came from watching the two documentaries we watch in class. The Mask You Live in and Miss Representation, because of those two documentaries I came up with does social media animate toxic behavior in teenage boys? I would say yes because of Cyber bullying, focusing on likes and making comparisons. Cyber bullying is a from of bullying that is found on the internet. Most of these comments are homophobic slurs thrown at teenage boys. You also have to deal with the potential of something going viral, which as I discussed earlier can ruin your life. Then you have the focusing on likes aspect. We saw that focusing on likes can release dopamine a chemical that is realsed in the brain when we feel happiness. It’s the same thing as winning money or eating candy. We also saw that Instagram is testing a new feature to hide likes, which is great to see because they know that focusing on likes is bad for you. My Final reason is making comparisons, making comparison is bad for our health. It can cause smiling depression and anxiety. Smiling depression is when you are only focusing on the positive part of your life on social media. The other parts of your life are falling apart. Anxiety is caused when people start to compare themselves to celebrities. They start to think that there not good enough and that their life is poor because they don’t have what other people have. This research project shows why social media can animate toxic behavior on teenage boys, its because of Cyber Bullying Focusing on likes and making comparisons. This is what causes Social media to be toxic.

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