

NEGATIVE EFFECT OF INSTAGRAM ON SELF-ESTEEM

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Research Paper By

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Abstract

We live in an age where almost all of the media that we consume is altered. Social media gets a really bad reputation sometimes, there is an idea that it is bad for you and your self-esteem but it does not have to be like that. The problem is there when you are putting out content that is going to be liked by people or attract followers then you can be motivated to put out there a one-dimensional view of yourself and it creates pressure for you to only put out content that is polished, shiny, and positive. Instagram influences positive and negative self-esteem (Andreassen, 2015; Ryan, Chester, Reece, & Xenos, 2014). platforms like Instagram shape our online experiences, influencing self-perception, relationships, and mental well-being. Users curate personas, share polished moments, and often compare their lives to others' highlights. This dynamic fuels anxiety, self-doubt, and decreased self-esteem. To mitigate harm, users must prioritize authenticity, diversity, and offline connections. By recognizing Instagram's impact and adopting mindful habits, individuals can harness the platform's benefits while protecting their mental health and fostering a positive online environment. You also need to ask yourself, how are you reacting to social media? are you comparing yourself to others? do you forget that you are good enough? Still, the main focus of this study is on the negative influence of Instagram on each individual and how one can overcome it, rather than creating a cause for one to become addicted to it. However, Instagram's impact isn't entirely negative. This study examines how people interact with social media to find ways to minimize harm. By

understanding how users respond to Instagram, we can identify strategies for healthy engagement. This research aims to provide insights into mitigating the platform's adverse effects.

Keywords: *Instagram, Negative effect, Mental health, Self-esteem, Overcome the problem.*

Chapter 1: Introduction

Over the last decade, social media has grown. It remains uncertain whether social media contributes to improved or compromised emotional well-being. This study investigates the impact of Instagram use on people's social anxiety. Using Instagram does not directly contribute to social tension. Scholars pointed out that social pressure could come from maintaining a large network of social media friends, feeling jealous of their lives, and the "fear of missing out" on activities in online exchanges (Hampton et al., 2015) ("Psychological Stress and Social Media Use," 2015). Teenagers predominantly utilize social media platforms, particularly Instagram, for relationship-building, global connectivity, knowledge sharing, self-expression, and social enhancement (Boyd, 2007). Mitchell (2002) found that young people use social networking sites for online romantic and casual connections. It has been observed by the changing behavior of people that social media has many negative repercussions on people. Social networking sites increase psychological distress and lower self-esteem through social comparisons (Chen & Lee, 2013). Numerous experts and researchers argue that excessive social media usage has led to a decline in self-esteem and hindered personal growth.

1.1. Objectives of the Paper:

1. To find out whether Instagram is affecting one's self-esteem.
2. To analyze why the use of Instagram is affecting one's self-esteem.
3. How can one overcome this problem?

Chapter 2: Literature Review

2.1. Literature Review:

In the last decade, social networking sites have expanded dramatically. Instagram is the most popular social networking site, with over one billion users worldwide. Aside from Instagram, as a medium for expression and a platform for sharing knowledge and moments, has also reduced distances by making people feel more connected and assisting them in building new relationships and maintaining existing ones.

Boyd and Ellison (2007), One major feature of Instagram is the ability for the public or friends to view and analyze users' profiles, as well as pass on their judgments and provide feedback through comments to ensure the user understands their opinion on his personal life **Valkenburg et al.,(2006)**,. Many researchers have concluded from their studies that excessive Instagram use causes depression and lower prosperity in individuals.

Feinstein et al., (2013), Because most people do not use Instagram to express their emotions or moods.

Kross et al., (2013), they use it to overcome loneliness but end up being less satisfied with their lives.

Chou and Edge et al., (2012), concluded that people who frequently use Instagram have a strong belief that other users, whom they do not know well offline, live much healthier, happier, and prosperous lives than they do. Individuals suffer from depression as a result of their assumptions about other people's lives.

(Pantic et al., 2014), social networking sites, particularly Instagram, are likely to cause anxiety, depression, psychotic disorders, and low self-esteem.

Herring & Kapidzic, (2015), Gender plays a significant role in shaping social media behavior, influencing how individuals present themselves online and interact with others. **Gonzales & Hancock, (2011); Kelley &**

Michela, (1980); Kircaburun & Griffiths, (2018), The habit of constantly measuring oneself against others can erode mental well-being, contributing to issues like depression, anxiety, and compromised self-worth.

Abel, Buff, & Burr, (2016), Individuals feel pressured to stay connected, driven by anxiety about missing out on the latest trends.

(Sherlock & Wagstaff, 2018), Compared to text-based social networks, Instagram's visual sharing features may increase the risk of negative psychological effects.

Chapter 3: Negative Impact of Instagram on Self-Esteem and Mental Health

3.1. Is Instagram Affecting One's Self-Esteem? :

Instagram (2010) is a photo-sharing social network. Its unique features could put users at risk for harm. This study examined a theoretically supported moderated meditation model that accounted for the number of strangers one follows on Instagram as a moderator of the relationship between depressed symptoms and Instagram use. Instagram use was slightly positively related to depressive symptoms, whereas positive social comparison was negatively associated with depressive symptoms. The number of strangers who followed moderated the relationships of Instagram use with social comparison (significantly) and depressed symptoms (marginally), as well as the indirect association of Instagram use with depressive symptoms via social comparison. In general, the findings imply that more frequent use of Instagram has negative connections with people who follow more strangers, but good associations with people who follow fewer strangers, with social comparison and depressive symptoms. (Lup, K et al., 2015)

3.2. How is Instagram affecting one's Self-Esteem? :

The reality is when we access the world through one device we do not see a realistic view of the world, we see the parts that people are choosing for us to see. There are lots of young people throughout Schools, colleges, etc, who are being bullied or are having a difficult time offline and they have found the online world is a refuge for them, Platforms like Instagram where people say they find their community that they never knew in the real world existed, that can be a really big asset when it comes to people who are struggling to build confidence and build some social communications too. Just to look perfect in the photos that they post online they use photo filter apps to change their features just to look perfect by comparing themselves with others and wishing to look like them. But the constant pressure to look a certain way always critiquing pictures of theirs is not good for one's mental health.

3.2. How can one overcome this problem? :

Feeling good enough is not just about letting go of your insecurities and gaining healthy self-esteem, actually having healthy self-esteem serves as a gateway to further development because you start becoming more authentic and expressing yourself who you truly are because you don't wonder what other people think about you, are you good enough? This question just think about how to express yourself. Having healthy self-esteem means surrounding yourself with a healthy social circle and not with people you always feel like you have to achieve something and you have to do something to be good enough but with people who accept you as who you are, who know you really and love you for who you are. Learn to appreciate what you have.

1.2. Research Methodology:

Research Design:

- Type: Quantitative survey research
- Objective: Investigate the relationship between Instagram usage and mental health symptoms among young adults

Participants:

- Sample size: 30
- Age range: 18-35 years old
- Recruitment: Social media, online forums, and email
- Inclusion criteria: Active Instagram account holders

Data Collection:

- Instrument: Standardized online questionnaire (Google Forms)
- Survey distribution: Social media, online forums, and email
- Survey sections:
 1. Instagram usage (frequency, duration, purpose)
 2. Mental health (anxiety, depression, self-esteem) - using standardized scales
 3. Social comparison (comparing life to others on Instagram)

Data Analysis:

- Method: Descriptive statistics
- Tools: Google Forms analytics
- Measures: Means, frequencies, and percentages

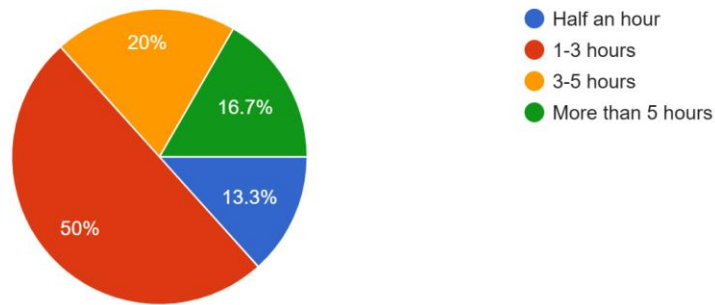
Strengths:

- Convenient data collection through online surveys
- Standardized measures for mental health and social comparison
- Focus on a specific age range (18-35)

Results of the Conducted Questionnaire:

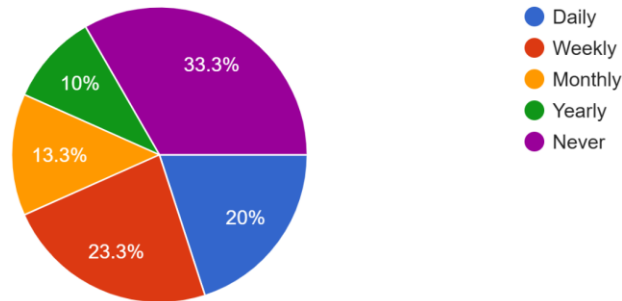
1) How much do you spend on Instagram?

30 responses



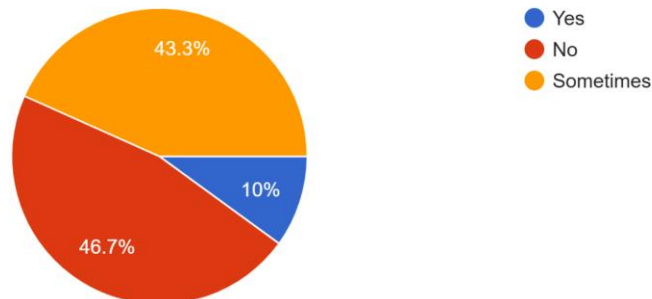
2) How often do you comment on other people's profile?

30 responses



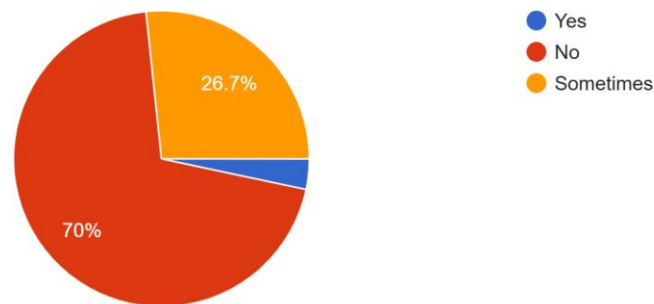
3) While viewing other people's profile do you compare yourself with them?

30 responses



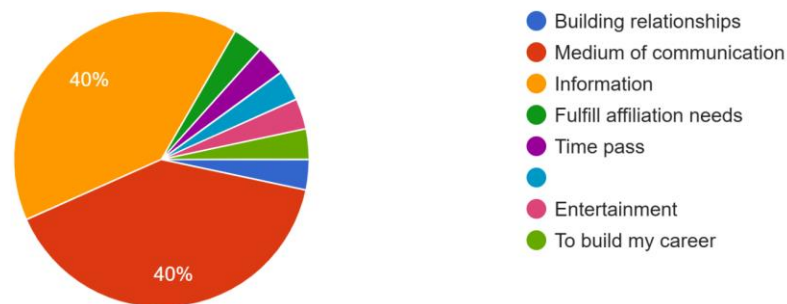
4) Does the number of likes on your picture or status affect you?

30 responses



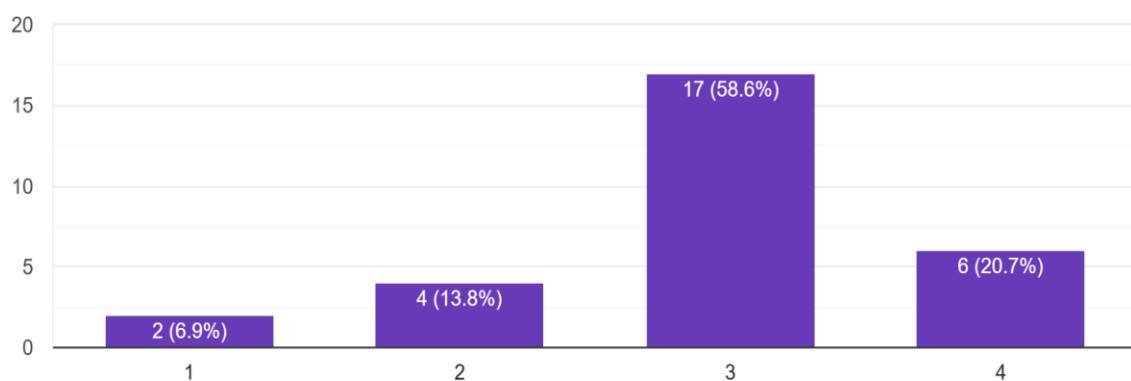
5) Why do you use Instagram?

30 responses



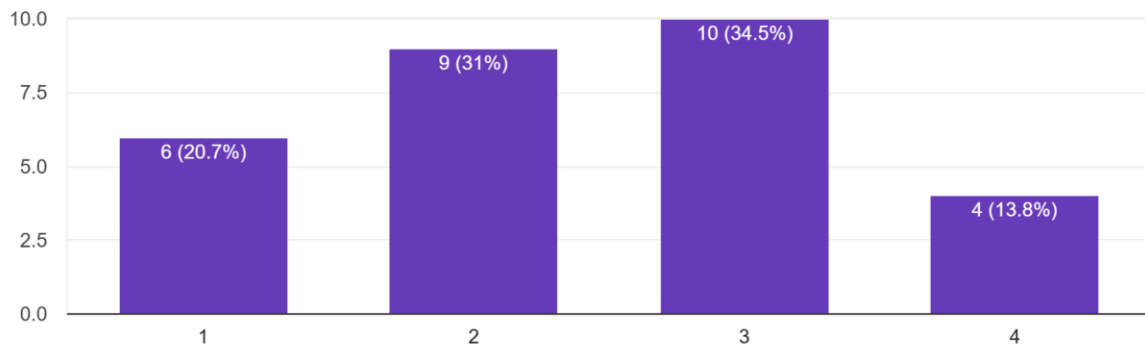
Instructions: Below is a list of statements dealing with your general feelings about yourself. Please indicate the level of your satisfaction on a scale of ...tion. 1. On the whole, I am satisfied with myself.

29 responses



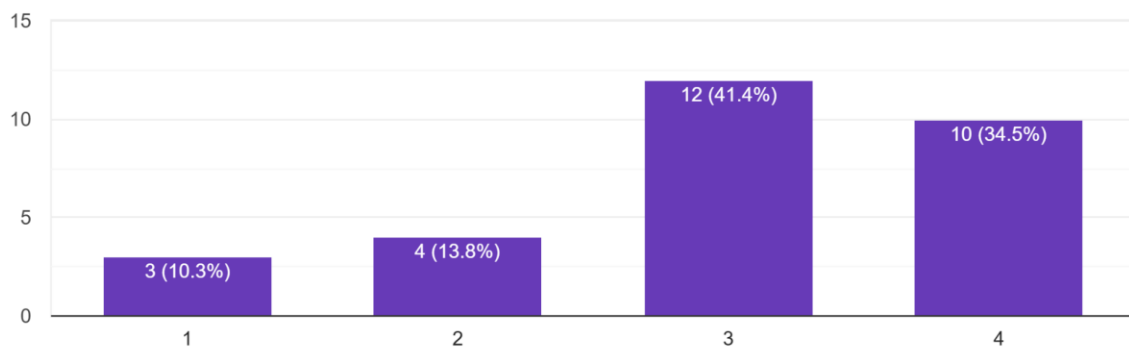
2. At times I think I am no good at all.

29 responses



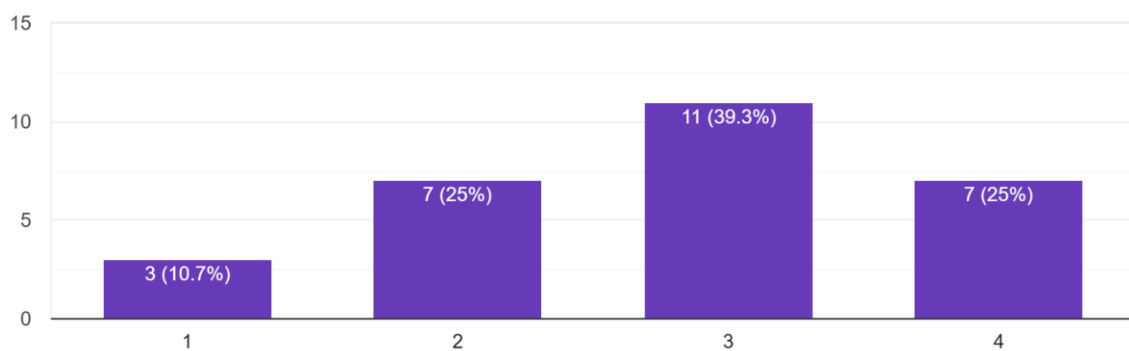
3. I feel that I have a number of good qualities.

29 responses



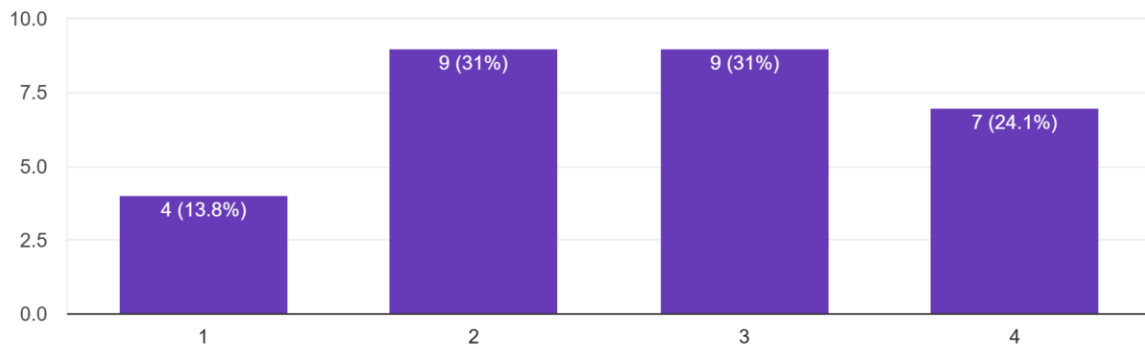
4. I am able to do things as well as most other people.

28 responses



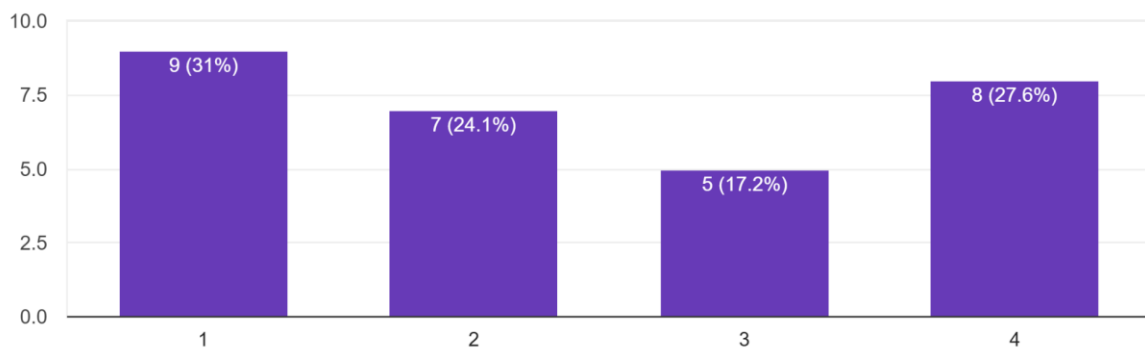
5. I feel I do not have much to be proud of.

29 responses



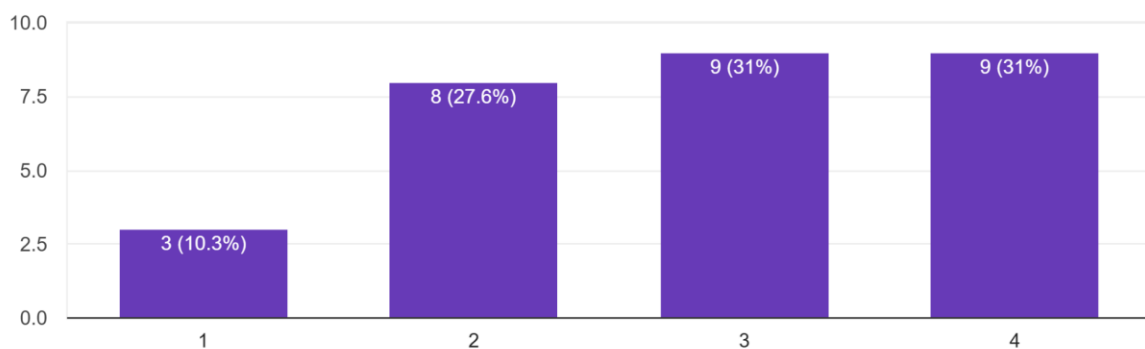
6. I certainly feel useless at times.

29 responses



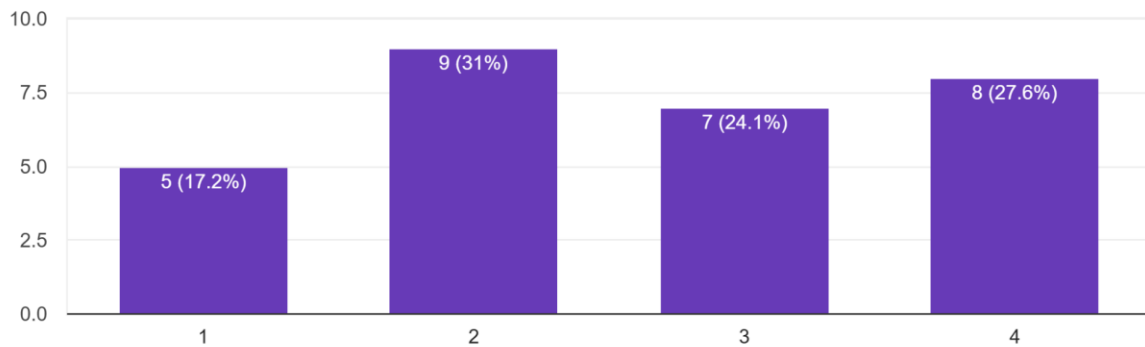
7. I feel that I'm a person of worth, at least on an equal plane with others.

29 responses



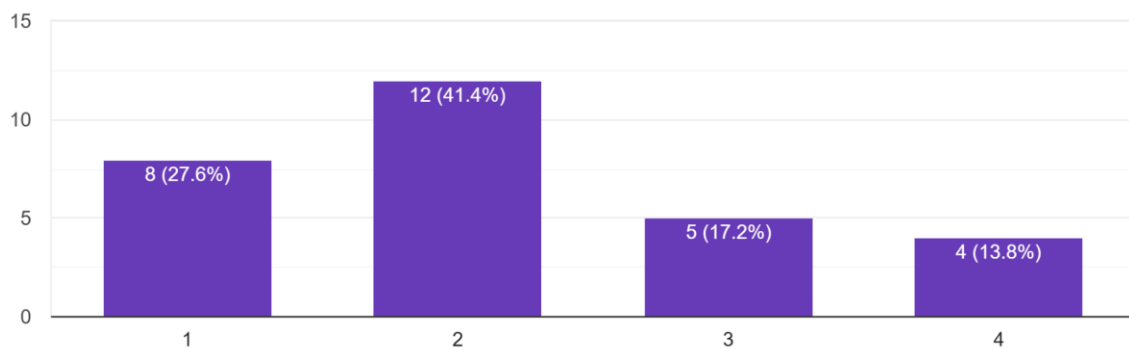
8. I wish I could have more respect for myself.

29 responses



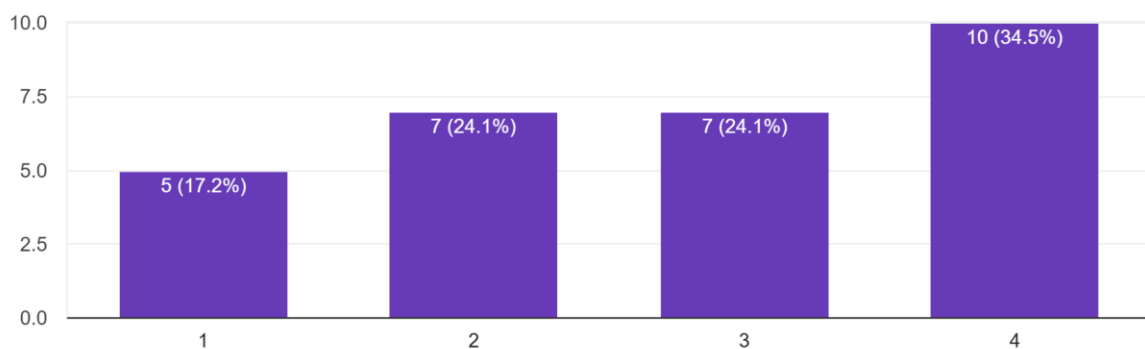
9. All in all, I am inclined to feel that I am a failure.

29 responses



10. I take a positive attitude toward myself.

29 responses



The survey that has been conducted above is just the opinions of fewer people compared to the world population. As you can see in the above result it is neutral, Some are satisfied with themselves while some are not, it is all within you on how you use social media platforms and how you feel about yourself.

Chapter 4: Conclusion and Inferences

Self-esteem refers to an individual's assessment of their value and worth. When a person's body image becomes more negative, they are more susceptible to environmental influences. People's self-esteem often depends on what others think, including friends, family, and social media. It may also affect their mental health. The media dictates unrealistic beauty standards, influencing body image ideals. Social media's unrealistic beauty standards and objectification harm mental health, fostering negative body image and distorting self-esteem. Body image is personal, yet influenced by external factors, impacting overall well-being. Recognizing this dynamic is key to promoting positive body image. The key is how one uses it, are you using social media to connect with people genuinely or are you trying to put out an image of yourself that's not quite real, are you using media to attract likes? rather than authentically share yourself. It's important to remember that if you positively use social media it can help self-esteem. For many, it has made such strong connections through this and has helped them to find a community and understand themselves.

Limitations of the Paper:

The paper also has certain constraints:

- This paper just looks at how Instagram is negatively affecting one's mental health
- The paper likewise depends on the hypothesis :

H₀: There is no relationship between Instagram and self-esteem.

H₁: There is a relationship between Instagram and self-esteem.

References

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