

Media Impact On Development

Developmental Psychology
Instructor: Rosalyn M. King

By: Nirvana Revollo



What is Media?



- Media is the means of communication in society, it refers to everything ranging from a telephone call to the evening news on the television.

IT INCLUDES...

- news, music, movies, education, promotional messages and other data. It includes physical and online newspapers and magazines, television, radio, billboards, the internet and **most importantly** our smart phones and social media.

MOST USED SOCIAL MEDIA

- instagram, snapchat, twitter, facebook,, youtube



Impact of Our smart phones



➤ this generation gets their media impact mainly from their smart phones more than any other type of media

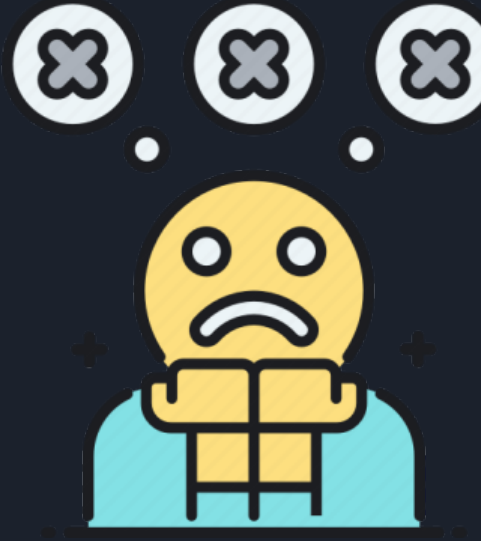
➤Smart phones became an essential part in people lives. providing us with many different features. It allows us to maintain continuous communication no matter where we are in the world, browse the internet without limitation, keep up with news, keep pictures, memories, store personal information and provides us with many different types of social media, but it can also have its negative side

Positive Effects of Media on human development

1. **SOCIALIZATION:** THROUGH MEDIA WE LEARN VALUES, ATTITUDES AND ACTIONS THAT ARE ACCEPTED BY SOCIETY. THINGS THAT WE WATCH ON TV OR MOST LIKELY OUR PHONES, WHETHER IT'S A SHOW, MUSIC VIDEO, NEWS OR COMMERCIALS IT AFFECTS AND INFLUENCES HOW WE THINK AND SOMETIMES HOW WE ACT
2. **COMMUNICATION:** IT IS EASY FOR US TO COMMUNICATE, NOT ONLY CAN WE COMMUNICATE WITH PEOPLE WHO ARE NEAR US BY A CLICK OF A BUTTON BUT WE ARE ALSO ABLE TO COMMUNICATE WITH PEOPLE ALL ACROSS THE WORLD
3. **ENHANCE LEARNING OPPORTUNITIES:** EVERYTHING IS ONLINE! ANY TYPE OF INFORMATION, ANY TYPE OF QUESTION YOU HAVE OR CURIOSITY, YOU WILL ALWAYS BE ABLE TO FIND IT ONLINE. MANY PEOPLE HAVE LEARNED SKILLS LIKE HOW TO COOK, PAINT, SING EVEN HOW TO RUN A BUSINESS ETC., PEOPLE ARE ABLE TO ACHIEVE THEIR DREAMS A LOT MORE EASIER THAN BEFORE!
4. **SOCIAL NETWORKING:** YOU ARE ABLE TO SOCIALIZE AND NETWORK WITH PEOPLE THROUGH THE INTERNET. YOU ARE ABLE TO SHARE YOUR LIFE OR WORK AND MAKE YOURSELF KNOWN THROUGH MEDIA LIKE SOCIAL MEDIA. YOU ARE ABLE TO MEET PEOPLE ONLINE, WHETHER ITS FOR FRIENDSHIP, WORK OR LOVE (DATING APPS)



Negative effects on human development



1. **BECOMING LAZY:** WE BECOME TOO RELIANT ON THE QUICKNESS AND EASINESS OF FINDING INFORMATION THAT SOMETIMES WE DON'T REALLY LEARN AND RETAIN INFORMATION, WE JUST LOOK FOR AN ANSWER AND CALL IT A DAY..
2. **ANTISOCIAL:** SOCIAL NETWORKING SITES ARE TAKING AWAY FACE TO FACE SOCIAL INTERACTIONS AND REPLACING IT WITH INSTANT ONLINE INTERACTIONS. FACIAL INTERACTIONS ARE KEY TO SOCIAL DEVELOPMENT WHILE GROWING UP, CAUSING ISSUES LATER ON WITH HUMAN INTERACTION))JOB INTERVIEW, RELATIONSHIPS, FRIEND GROUPS)
3. **CYBER BULLYING :** YOU CAN EXPERIENCE MANY GREAT THINGS ONLINE, BUT CYBER BULLYING AND HARASSMENT IS ALSO A POSSIBILITY. SINCE PEOPLE ARE PROTECTED BY THEIR SCREENS, THEY TEND TO SAY CRUEL AND HURTFUL THINGS KNOWING THAT THERE WONT BE ANY INSTANT CONSEQUENCES.
4. **FALSE EXPECTATIONS:** EVERYBODY'S LIFE'S SEEM PERFECT, SPECIALLY ON SOCIAL MEDIA, AND IT CAN TAKE A TOLL ON OUR SELF ESTEEM BECAUSE WE BELIEVE THAT OUR LIVES ARE NOTHING COMPARED TO OTHERS, WHEN IN REALITY NOBODY'S LIFE IS AS PERFECT AS THEY PORTRAY IT ON SOCIAL MEDIA

Impacts of social media on mental illness

DESIGN:

- CROSS SECTIONAL DESIGN
- MEASURED INTERNET OVERUSE AND CELL PHONE OVER USE ON MENTAL ILLNESS

SUBJECTS:

- 337 STUDENTS

MAIN FINDINGS :

- THIS STUDY DONE BY JENARO ET AL. (2007) FOUND THAT THE AVERAGE PERSON SPENDS OVER FOUR HOURS A DAY ON THEIR PHONE.
- ALSO SHOWED THAT PEOPLE WHO SPENT TOO MUCH TIME ON THEIR PHONE SHOWED SIGNS OF DEPRESSION AND ANXIETY
- HEAVY INTERNET OVER USE WAS ASSOCIATED WITH HIGH ANXIETY AND DEPRESSION
- HIGH CELL PHONE USE WAS ASSOCIATED WITH INSOMNIA AND ANXIETY.





Effect of Social Media on Mental Health

- Excessive use of Social media leads an individual to disastrous results that starts with anxiety and leads to the depression. In (Pantic et al., 2012)
- it is revealed that depression and time spent on Facebook by adolescents is positively correlated. Rosen et al., (2013)
- Research conducted by Davila (2012) reflected severe depression symptoms among younger generation are associated with less positive and more negative social interactions
- Kaur & Bashir (2015) explored both positive and negative effects of social media on mental health of adolescents, positive effects include socialization, enhanced communication, learning opportunities and access to health information. While negative aspects include depression, online harassment, cyber-bullying, fatigue, stress, suppression of emotional and decline of intellectual ability



OTHER ISSUES.. Comparison is the thief of joy

1. JEALOSY and ENVY

JEALOUSY CAN DRIVE US TO HARM ONE ANOTHER, WHETHER IT'S PHYSICALLY OR EMOTIONALLY. WHEN YOU ARE JEALOUS YOU DON'T DO ANYTHING WITH GOOD INTENTIONS, INSTEAD EVERYTHING YOU DO IS WITH THE INTENTION OF HURTING AND CAUSING PAIN

2. BITTERNESS

WHEN YOU ARE BITTER YOU START TO RESENT OTHERS FOR DOING WELL. WITHOUT EVEN KNOWING WHO THEY ARE AS A PERSON, WITHOUT EVEN KNOWING THEIR STRUGGLES YOU START TO WISH FOR THEIR DOWNFALL BECAUSE FOR SOME REASON YOU FEEL LIKE THEY DON'T DESERVE ALL THE GOOD THINGS THAT ARE HAPPENING TO THEM AND THAT YOU DESERVE IT MORE THAN THEM

3. SELF DOUBT

WHEN YOU COMPARE YOURSELF TO OTHERS YOU START TO DOUBT THE PURPOSE THAT YOU HAVE IN THIS WORLD. YOU START TO BRING YOURSELF DOWN SLOWLY AND QUESTION IF MAYBE YOU ARE DOING THINGS WRONG. YOU START TO OVER THINK EVERYTHING



My Research

➤ Previous research has shown the effects of too much time on your phone and too much screen time can have on your health, that is why I wanted to do this research. On this research i wanted to see which age group spends more time on their phone based on their screen tracking report. Although I won' t be measuring any effects that it has on health, I will be able to see which age group would be more affected by seeing which age group spends more time on their phone on average daily. Thanks to previous research we will be able to assume that whichever group spends more time on their phone is more prone to the consequences talked about in the previous slides.

HYPOTHESIS:

➤ The age group that spends more time on their phone are young adults (20-29 years old)



Research Design

- **method:** the data I collected was through a survey conducted on a nonrepresentative sample, meaning we used friends and coworkers as our sample.
- **Subjects:** total of 18 subjects; there were three groups, each with 6 subjects. **Group 1** were adolescents (ages 12–20) **Group 2** were young adults (ages 20–30) **group 3** were mature adults (30–65)
- **Procedure:** Most iPhones come with a screen tracking report, allowing people to see how much screen time they spend daily on average. They can do this by going into their settings and clicking on “screen time”. I asked subjects to take a screenshot of their screen time report and send them to me.
- **independent variable:** Age
- **Dependent variable:** screen time on phone



1. Set a timer

Keeping up to date on your social media channels is fun and socially very important for many users. But these channels can also be a big time waster for many people. Try to limit how much time you spend on them

2. Eat your meals without a screen

It may be tempting to use your meal breaks as a time to catch up on online news or social media. But by banning the screen during these breaks you'll not only give your eyes a rest, you will likely enjoy your food more.

C	D	E	F	G	H
Adolscents (12-20)		Young adults (20-30)		Mature Adults (30-65)	
Rony	5 hours	Brian	6 hours	Jeremy	4 hours
Freddy	6 hours	selwyn	6 hours	Nick	3 hours
Mark	3 hours	Naidelyn	7 hours	Israel	5 hours
Mariela	5 hours	Steven	6 hours	Nathalie	3 hours
Gino	4 hours	Bishop	7 hours	Andrew	4 hours
James	6 hours	Rigel	8 hours	Anna	4 hours
	4.8hrs		6.6 hrs		3.8 hrs

Some Ways to Reduce Screen Time

3. Cut down on socializing

The internet gives us thousands of ways to stay in touch with friends and family all over the world. But constant chatting means our eyes are down on our phones and other devices an excessive amount, its good to sometimes have some alone time

4. Encourage other activities

Reading, doing puzzles or playing board games, playing outside, and spending time with friends or family are a few of the healthy activities you can engage in instead of being on a device





Reflection

- According to the GSMA Intelligence, (Global System for Mobile Communications) 5.15 billion people have mobile devices in 2019.

This number will only increase through out the years and the growing number of smart phone owners raises concern about how phones can affect our health and life, specially the life of young adults, who we found out spend most of their time on their phones. Although this can also effect other ages, its more prominent in young adults, but it is a good idea to encourage younger kids to limit their screen time and to understand the effects of Media Impact on development.



References Used:

- Andone, I., Blaszkiewicz, K., Eibes, M., Trendafilov, B., Montag, C., Marowetz, A. (2016). Analysis of problematic smartphone use across different age groups within the components model of addiction. *Computers in Human Behavior*, 102, 22–30.
- Bushman, B. J., & Anderson, C. A. (2001). Media violence and the American public: Scientific facts versus media misinformation. *American Psychologist*, 56(6–7), 477 – 489
- Davila, J., Hershenberg, R., Feinstein, B. A., Gorman, K., Bhatia, V., & Starr, L. R. (2012). Frequency and quality of social networking among young adults: Associations with depressive symptoms, rumination, and co-rumination. *Psychology of Popular Media Culture*, 1(2), 72 – 86
- Jenaro, C., Flores, N., Gómez-Vela, M., González-Gil, F., & Caballo, C. (2007). Problematic internet and cell-phone use: Psychological behavioral, and health correlates. *Addiction Research & Theory*, 15(3), 309 – 320.



References Used

- Kaur, R. & Bashir, H. (2015). Impact of Social Media on Mental Health of Adolescents. International Journal of Education, 5, 22-29
- Pantic, I., et al. (2012). Association between online social networking and depression in high school students: Behavioral physiology viewpoint. Psychiatria Danubina, 24(1), 90 - 93.
- Rosen, L.D., Whaling, K., Rab, S., Carrier, L.M., & Cheever, N.A. (2013). Is Facebook creating ‘ ‘iDisorders’ ’ ? The link between clinical symptoms of psychiatric disorders and technology use, attitudes and anxiety. Computers in Human Behavior, 29, 1243- 1254
- 10 Ways to Minimize Screen Time. (2020). Retrieved from <https://fit.sanfordhealth.org/blog/10-ways-to-minimize-screen-time-article>