

# Social Media Impact on Self-Esteem and Relationships Among Youth

**Malavika Nair**

MIT Arts Commerce and Science College, Alandi, Pune, India

**Abstract:** *Thanks to the internet, now even if you are not in the same room, with the rise of social media, we can still interact and talk to each other like we did in the old days. These platforms can facilitate connection, and self-expression, but they can also endanger self-esteem and interpersonal connections. This research paper explores the impact of social media on the self-esteem and relationships of youth, drawing on survey data to analyze trends and attitudes.*

**Keywords:** internet

## I. INTRODUCTION

Thanks to the internet, now even if you are not in the same room, with the rise of social media, we can still interact and talk to each other like we did in the old days. These platforms can facilitate connection, and self-expression, but they can also endanger self-esteem and interpersonal connections. This research paper explores the impact of social media on the self-esteem and relationships of youth, drawing on survey data to analyze trends and attitudes.

### Methodology

The data were collected using a structured survey and analyzed quantitatively. As such, the survey was designed to obtain information about how students use social media, their views on the impact it has on their self-esteem and relationships. The data collected were analyzed to identify significant trends and correlations.

### Sample

The survey was completed by a representative sample of 200 youth aged between 13–24 years with a variety of genders, socio backgrounds and social media usage patterns.

### Method:

The survey included multiple choice and Likert-scale questions intended to assess:

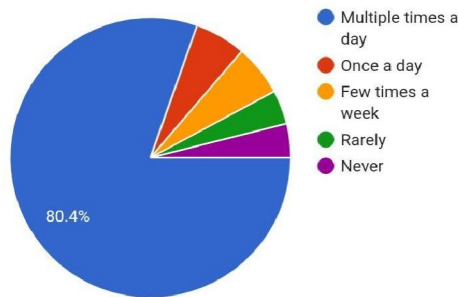
1. How often people use social media.
2. Social Media Perceptions on Self-Esteem
3. Examples of social comparison.
4. Pressure to portray an idealized self.
5. Feelings of loneliness or social isolation.
6. Impact on real-life friendships.

The responses were then quantified and analyzed through descriptive statistics to make relevant conclusions.

### Results

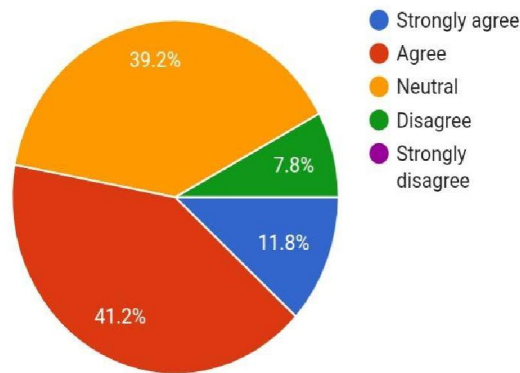
#### 1. Social media usage:-

A significant majority (80.4%) of respondents use social media multiple times a day, indicating that social media is a prevalent part of their daily lives. This high usage suggests that social media platforms are central to their communication and social interactions.



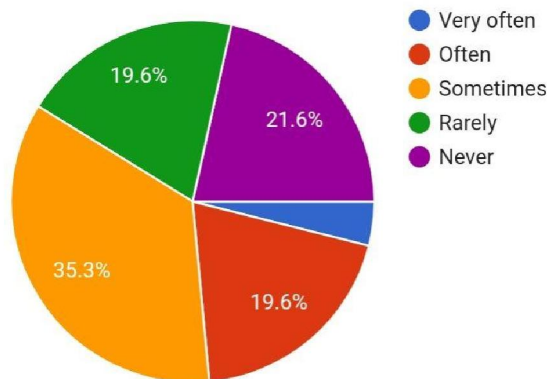
**2. Social media's impact on self-esteem**

While 53% of respondents (11.8% strongly agree + 41.2% agree) believe that social media positively impacts their self-esteem, a significant portion (39.2%) remains neutral. This suggests that while many see a positive influence, there is also a considerable ambivalence regarding social media's impact on self-esteem.



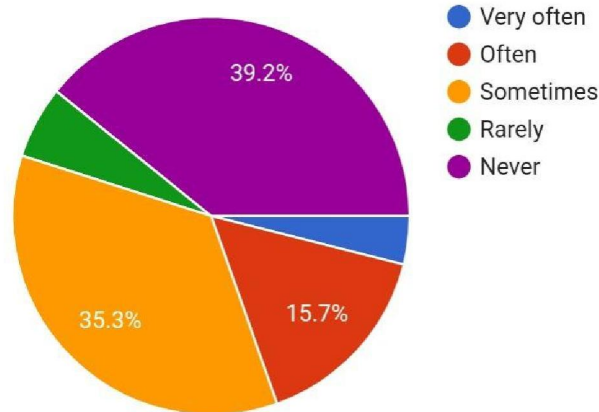
**3. Social comparison**

A combined total of 23.5% of respondents (3.9% very often + 19.6% often) frequently compare themselves to others on social media. This tendency can lead to negative self-perception and lower self-esteem, highlighting a potential risk associated with social media usage.



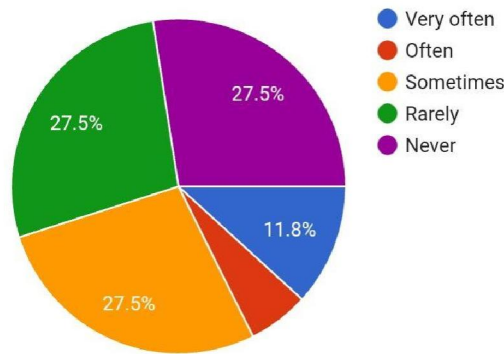
**4. Pressure to present a certain image your lifestyle:-**

A total of 54.3% of respondents (3.26% very often + 15.7% often + 35.3% sometimes) feel some degree of pressure to present a certain image. This indicates that many youth experience social pressure that can lead to stress and anxiety, impacting their self-esteem and authenticity.



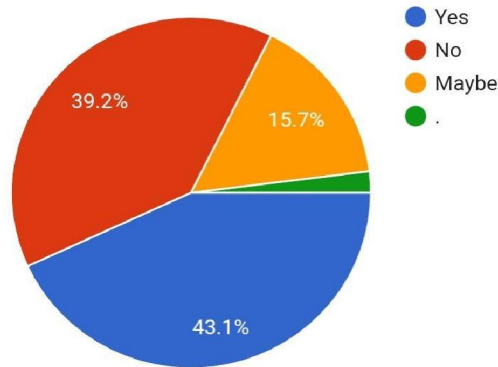
**5. Feelings of loneliness or isolation:-**

Only 11.8% of respondents feel that social media interactions influence their relationships “a lot,” while 31.4% are neutral. This suggests that while social media plays a role in friendships, many respondents may not view it as a primary factor in their relationships.



**6. Unfollowing or muting:-**

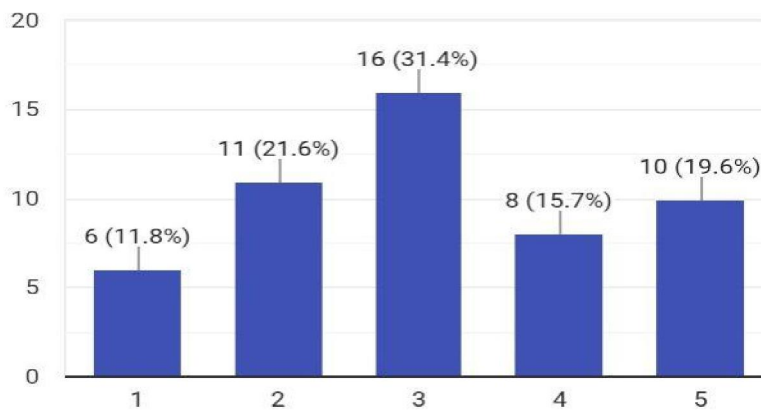
A total of 49.1% of respondents (11.8% strongly agree + 37.3% agree) believe social media has improved their ability to maintain friendships. This indicates a generally positive view on social media’s role in sustaining relationships, although a significant portion remains neutral.



**7. Influence on relationships:-**

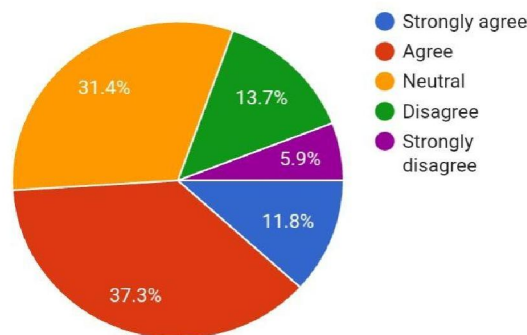
A combined total of 17.5% of respondents (11.8% very often + 5.7% often) report experiencing loneliness or isolation. This highlights a concerning aspect of social media use, where increased connectivity does not necessarily equate to emotional fulfillment or connection

**8. Ability to maintain friendships:-**



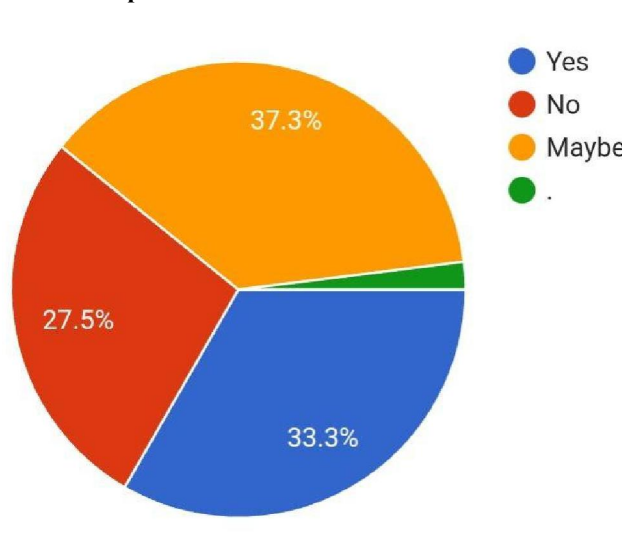
An equal proportion of respondents (33.3% each for “Yes” and “Maybe”) believe social media helps build self-confidence, indicating a divided opinion. The 27.5% who feel it does not help suggests that there are significant concerns about social media’s impact on self-worth.

**9. Self confidence:-**

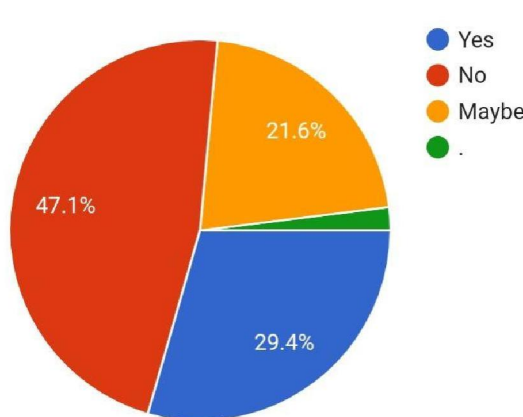


A significant 82.3% of respondents have either frequently or occasionally unfollowed or muted someone due to negative feelings. This indicates a proactive approach to managing their social media experience but also highlights the emotional challenges associated with social media interactions.

**10. Negative effects on offline relationships:-**



While 47.1% of respondents believe social media does not negatively affect their offline relationships, 29.4% think it does. This indicates a significant concern regarding the potential detrimental effects of social media on face-to-face interactions.



**II. DISCUSSION**

The responses suggest that the correlation between social media and self-esteem among youth is a double-edged sword. While respondents report high-frequency usage of social media, and a large proportion acknowledge its potential benefits for keeping in touch with friends, it is apparent that there are serious concerns as well.

**Positive Aspects:-**

Many survey-takers see social media as something that can boost self-esteem and preserve connections. The more you can create your own online environment, the more you can create a sense of belonging, a sense of community.

**Negative Aspects:-**

But the findings show some worrying trends when it comes to social comparison and an idealized image pressuring. Many of those who responded often compare themselves to others raising negative reinforcements that effect self perception and reduce self esteem. The need to maintain a certain persona can also lead to stress and anxiety.

**Loneliness and Offline Relationships :-**

People may consistently be active on social networks, but this does not mean they are fully communicating with others because feelings of loneliness and social isolation still exist. The data suggests that a greater quantity of online activity does not lead to increased emotional, psychological, or sociological offline activity.

**III. RECOMMENDATIONS**

To address these issues, several recommendations are proposed:

1. Education on Healthy Social Media Use: Initiatives should be created to teach young people about the possible dangers of social media, with a focus on comparison management and authenticity.
2. Promoting Offline Interactions: Youth loneliness can be lessened by encouraging them to strike a balance between meaningful offline relationships and online interactions.
3. Support Systems: It is essential to set up support networks in communities and schools to deal with mental health issues associated with social media use. Youth should have access to resources so they can freely talk about their feelings and experiences.

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