

**The Influence of Social Media on Adolescent Self-Perception**

**Journal**

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**Author Note**

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**Abstract** (*Introduction*)

*Aim:* This study aims to examine self-esteem and social media addiction level and why both of these case studies are linked. Therefore, preventing suicide and self-hatred.

*Keywords:* linked studies, prevent suicide and self-hatred

### **Introduction: Social Media and Adolescent Self-Perception**

Social media is becoming part of our life nowadays. This cause was brought back to the time where Covid-19 Lock Down hit in 2020 and 2021. The government is constantly recommending students to use social media and socialize online. The government goes as far as giving free laptops and tablets including phones to the needy. Using social media comes with its downside to students. Now they access social media and feel tired all day long with lack of exercise.

Since the rise of social media. More students dies from suicide, murder and so on. Different types of social media will influence the kid differently depending on the time that they spent on a single social media.

Aim: To understand how social media is influencing the self-esteem of adolescents. To examine how lifestyle changes.

**Research Evidence on Social Media, Self-Esteem and Body Image Among Adolescents**

Keles et al. (2023) studied the relationship between social media addiction and self-esteem among adolescents. The study found that teenagers who spend more time on social media and feel dependent on it tend to have lower self-esteem. Body image plays a strong role in this. Teenagers who are not confident about their looks are more affected by social media addiction because they compare themselves to others online. This suggests that heavy and emotional use of social media can make adolescents feel worse about themselves.

Another study from 2021 focused on young adolescents around thirteen to fourteen years old. It showed that when teenagers are exposed to “ideal” body types on social media, they begin to feel unhappy with their own bodies. Girls often feel they are not thin enough, while boys feel they are not muscular enough. This shows that social media can strongly influence how teenagers see their physical appearance, and this dissatisfaction can reduce self-confidence.

A systematic review in 2022 looked at many research papers about early adolescent body dissatisfaction related to social media. The review found that teenagers who spend time posting pictures and viewing edited images are more likely to feel pressure to look a certain way. Some of them start unhealthy behaviors such as skipping meals or trying extreme ways to change their appearance. This shows that social media increases pressure to present a “perfect self,” which negatively affects mental health.

Research from 2023 found that peer pressure also influences social media addiction in adolescents. Teenagers who feel that their friends expect them to be active online are more likely to spend excessive time on social media. However, the study also showed that adolescents with

higher self-esteem are less affected by this pressure. This means that personal confidence can protect teenagers from becoming addicted to social media.

A systematic review from 2024 studied how social media affects identity development in adolescents. It found that the type of social media activity matters. Teenagers who often post personal content or follow influencers may start to shape their identity based on online approval. This can lead to confusion about self-identity and lower self-confidence. The study shows that social media not only affects body image but also overall personality development during teenage years.

## Discussion

In these studies, we can see that social media does have a strong effect on teenagers' daily life and how they see themselves. When teenagers spend a lot of time online, they start to compare their own life with other people. Most of the time, people on social media only show the “good” part of their life. They look happy, beautiful, rich, confident, and successful. When students see this every day, they will start to feel that they are not good enough. This is where their **self-esteem becomes lower**.

Social media also changes how students live their daily routine. Many students sleep late because they scroll their phones at night. They wake up tired and have no energy to study. Some students spend less time going outside or doing exercise because they feel more comfortable staying in their room looking at the screen. This leads to **less physical activity**, which can affect both mental and physical health.

From the studies, we also see that teenagers who spend too much time on social media are more likely to feel stressed, lonely, or depressed. Online comments and messages can also hurt feelings. Cyberbullying or negative comments can make a student feel very sad or unsafe. When this continues for a long time, the teenager may lose confidence or feel hopeless.

However, not everything about social media is bad. Some students use it to learn new skills, find motivation, express their creativity, or connect with friends when they feel lonely. This means the **effect depends on how the student uses social media and how long they stay on it**. If the usage is balanced and healthy, social media can be helpful. But if the usage is too much, it can become harmful.

Overall, the studies show that **social media can influence both lifestyle and self-esteem among adolescents**. The key point is balance, awareness, and self-control. Students need to understand when to stop, and adults (parents, teachers) need to guide them so that social media does not replace real life.

In my opinion, we need to moderate time on social media. Not too addicted and just somewhere in the middle. If you feel that your classmates are bullying you and making mockery of you don't hesitate to contact me : [CHEEYENONG08@GMAIL.COM](mailto:CHEEYENONG08@GMAIL.COM)

I was once looked down on by everyone in school and teachers. Teachers would spread rumours about me. I stayed strong and overcame it. Everyone thought that I was a loser. I didn't commit anything and people would spread rumours about me. My academic results drop dramatically. In my point of view, a teacher plays a crucial role in maintaining peace and not spreading and listening to other teachers. I am not the first victim a lot of students have been. I was so fed up, I knew I did nothing wrong but they don't like me for a reason. I study a lot of psychology books and found the only reason that I am being pushed to my limit. I was being too kind. I never scold anyone and let anyone scold me for no reason, I was blamed for everything even though I did not do it. From that day on, I stopped being kind to everyone, for example giving answers to students who always asked me and in a split second made a mockery of me. I was helping him even though I myself was in a rush at work. I felt hopeless but he kept asking me even though I was fed up with my attitude. I was being too kind to them, and after knowing I never answer him again. Now I am being one of the most respected guys in the world.

You may think:

[Why is my life not like theirs?] [Why don't I look like them?] [Maybe I am not good enough]

## Conclusion

In conclusion, social media has become a major part of teenagers' lives, especially after the Covid-19 lockdown. While it gives students a way to connect, learn, and express themselves, it also brings challenges that can affect their self-esteem and daily lifestyle. Many adolescents compare their real life with the perfect images they see online, which can make them feel not good enough. This slowly lowers confidence and changes how they see themselves.

At the same time, social media also affects daily habits. Students may sleep late, skip physical activities, and spend most of their time scrolling. This creates a lifestyle that is less healthy and less active. Emotional effects like stress, loneliness, and cyberbullying can also appear if usage is not controlled.

However, social media is not fully negative. It can be useful and positive when used at the right amount and for the right purpose. Learning new skills, sharing creativity, and communicating with supportive communities are all good outcomes.

Therefore, the key point is **balance**. Teenagers should learn to use social media with awareness and limit the time spent online. Parents, educators, and students themselves must work together to ensure social media supports life, not replaces it. With mindful use, social media can be a helpful tool instead of a harmful one.

To reduce the negative effects, teens should be taught how to use social media in a healthy way. This includes spending less time online, avoiding comparing themselves to idealized images, and focusing on real-life activities like exercise and hobbies.



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