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Are you connected?

It's 2015 and there are a million ways to connect to those around us. Facebook? Instagram? Snapchat? Twitter? The list goes on and on. With all these ways to connect to people sometimes we may not realize that we maybe disconnecting from ourselves. Suddenly if we take a step back and breath we get to see the bigger picture and see how this type of connectivity can affect us and our self esteem. In the Article," 7 Telltale signs social media is killing our self-esteem" by Jodie Gummow and "Loneliness and social uses of the internet," by Janet Moraha Martin and Phyllis Schumader, we explore and read about our use of the internet and how this affect us.

To begin with, how did all start? As the use of the internet started progressing in the last 10 years so did social media rise. Now there are hundreds of social media and it looks like there aren't going anywhere anytime soon. With so many ways to connect to people we might wonder why would this cause us to be lonely. As it is stated in the article," increase internet use may lead us to increase in loneliness."(Martin, Schumander 2003) I think social media does not lead us to become lonely but it is rather how we use it and what we get from it. As the popular article states,"studies show that up to two-thirds of people find it hard to relax or sleep after spending time on social media".(Gummow, 2014) It's hard to deny that laying down our phones right before we sleep is an easy task to do. I may be going out on a stretch but all of this is a chain reaction starting from the minute we log on. For example, in most social networks there is a form of "likes" and the more popular, good looking, picture perfect get more "likes" than

everyone else. Suddenly they become idolized because everything about them is on “fleeek”.

Trendsetters, examples of lives some of us have yet to achieve. Seeing other people have what what we don't have can add to a subconscious dislike in the lives we lead.

There is something both articles agree on and that is, we control what we want others to see. As it is stated in the article, “social media is a very lazy way to be in a relationship with people.” (Martin, Schumander 2003) Why? Because “intimacy levels can be controlled.” (Gummow, 2014) In real life things happen and we mess up. Unless we are in a movie or a TV shows where our dialogue or actions are set nothing we ever do or say is going to be perfect and sometimes I think we are afraid of that. That our ego will be hurt. The much younger generation that have grown up with this notion when this happens will have trouble coping with their self esteem because of the time spent contemplating on false ideals over the internet. This interaction with people over the internet can affect us. But when we do interact with other people there something different, something I spent a lot of time thinking about. One day I was at ihop with my friends and after we ordered we were all on our phones. Great. We call this hanging out. Between witty comments and half joke laughs we all headed home after and I was left with an empty feeling. Not because I didn't eat but because this wouldn't stay in my box of fun memories but rather just another day of hanging out.

Overall with some examples of how social media can effect our self esteem, not all is bad. Becoming self aware and realizing what it can do to us can make all the difference. There us a ying to every yang. Just like social media is one click away from killing our self esteem, we are also one click away from logging off and lead better lives.

Works Cited

Gummow, Jodie. "7 Telltale Signs Social Media Is Killing Your Self-Esteem." *Alternet*. N.p., 07 Mar. 2014. Web. 11 Dec. 2015.

Morahan-Martin, Janet, and Phyllis Schumacher. "Loneliness And Social Uses Of The Internet." *Computers In Human Behavior* 19.6 (2003): 659. Academic Search Premier. Web. 11 Dec. 2015.