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**Effects of Parasocial Relationships on Adolescents Emotional Interpersonal Abilities**

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### **Effects of Parasocial Relationships on Adolescents Emotional Interpersonal Abilities**

The current world has advanced technologically and people can access news and information across the world. Similarly, through technology, people have also improved their interactions and can engage with people around the globe. Researchers in communications and media psychology has examined parasocial interactions for several years, a usual spectacle among high school students. Nevertheless, student's parasocial interaction with celebrities is usually a method of influencing their growing changes and dealing with the variations occurring in their lives. Therefore, these establishments can result in corrosion in social interconnection hence leading to the social penalty. Also, the paper will focus on the consequences of parasocial relationship development and the effects on interpersonal communication. The proposal will be guided by the research question: how does interaction in a personal relationship with media celebrities impact adolescents' emotional, interpersonal abilities?

Advancement in technology has resulted in many individuals being engaged in several online media platforms. Therefore, the different relations with the media can affect relationships. Furthermore, social media has emerged into being pervasive among the adolescent. Bond (2016) claimed that a typical American adolescent child uses more than 1 hour every day using social media and 24% have stated that they interact with it frequently. The parasocial relationship can make individuals feel like they relate with each other in a way that is similar to face-to-face communication. Similarly, adolescents' parasocial associations with the recognized figures are usually a means of reducing their growth variations and dealing with the changes in their lives.

Moreover, the topic is important to be studied because the parasocial relationship is considered as one-sided. Therefore, it can easily influence an individual's development, function and maintenance. Daniels (2021) emphasized that adolescents can be affected by parasocial

interaction because social media has added another view to the dynamic as infrequently the celebrities will relate with the person, which prolongs their impression that they have an engagement in their lives. Therefore, this will result in changes in the emotional, interpersonal abilities among adolescents. Furthermore, adolescents' feelings with the media celebrities become different from what they have with their friends face-to-face.

Despite more research conducted to understand the effects of parasocial relationships on adolescents' emotional, interpersonal abilities, several limitations have been found concerning the exact strength of every interaction not considered and the access to engagement which did not have sufficient reactions. Therefore, the paper proposes to answer the research question by utilizing social media use among high school students because of their diversity. Besides, this population will help investigate adolescent engagement in parasocial interactions that impact their growth. Adolescents have continuously interacted with social media at their critical development stage because of the high number of social media sites, which helps create parasocial relationships and outline the personification of individuality and attachment. The anticipated sample size comprises three hundred and sixty students attending the Southern California GHC high school because of its diversity.

The theory used in contextualizing the study is a social cognitive theory because it explains the influence of people's experiences, activities and ecological factors on individuals' behaviors. Therefore, since behaviors are learned willingly or unwillingly, adolescents need to have appropriate celebrities to develop good emotional and interpersonal abilities. The theory is appropriate for the study because it shows how the factors that influence an individual's behavior development indicate how parasocial relationship may influence adolescents' behavior and social support. Also, because many adolescents relationships their time on social media, the theory will

indicate how prominent figures influence their emotional interaction abilities to motivate them to change their behavior.

## References

- Bond, B. J. (2016). Following your “friend”: Social media and the strength of adolescents' parasocial relationships with media personae. *Cyberpsychology, Behavior, and Social Networking*, 19(11), 656-660.
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