

## **Source Analysis**

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In this research, we will focus on how social media is affecting the lives of teenagers, particularly their brain. The brain is a complex organ in the body, and thus most of the research conducted does not show conclusive evidence of the effects of social media on brain activity among the youth, although there are few indications that social media posts and videos have a relationship to the brain. In this research, linking social media and brain activity is challenging as most items used to study the brain, like MRI, isolates the participant, whereas social media is a social platform. Before the research, I believed that social media's effect on the brain was not as complex as I have seen from the study.

### **Source 1**

Firth, J., Torous, J., Stubbs, B., Firth, J. A., Steiner, G. Z., Smith, L., ... & Sarris, J. (2019). The “online brain”: how the Internet may be changing our cognition. *World Psychiatry*, 18(2), 119-129.

### **Summary**

There are unique landscapes of the online world that may be influencing the capacity to concentrate; memory processes social cognition, which hinders people from connecting in normal ways and can lower self-esteem. Additional research should define the effects of widespread social media usage and proposing how internet research could be integrated into more exhaustive research to educate how this unparalleled new surface of society can affect our perception and the brain in later life.

The author is not biased as more research needs to be done about social media affects the brain. To determine how social media affects youth's brain, research is conducted for all persons

to draw conclusive evidence of the effects of social media on the child. This material is reliable because the author does not base his findings on the youth only but has stated how cognitive processes may differ in the youth and older people. The author says that there are gaps in the research that needs further research to draw more conclusions on the investigation results. The author indicates the needs of other studies on the effects of the brain caused by social media since the brain is a complicated part of the body. Numerous research findings need to be added up for clear conclusions. This source is significant because it helps to know why some students' level of concentration may be altered by social media because of different videos that pop up that need quick responses deterring average concentration.

### **Source 2**

Sherman, L. E., Hernandez, L. M., Greenfield, P. M., & Dapretto, M. (2018). What the brain 'Likes': neural correlates of providing feedback on social media. *Social cognitive and affective neuroscience*, 13(7), 699-707.

### **Summary**

In this source, the author maps the neural associates of providing Likes to others on social media. Fifty-eight teenagers and young adults finished a task in the MRI scanner intended to mimic the collaborative photo-sharing app Instagram. The researchers inspected neural replies when contestants provided a favorable response to others. The skill of providing Likes to others on communal media linked to initiation in brain circuitry connected in reward, including the striatum and ventral tegmental area, sections also involved in the skill of getting Likes from others. Giving Likes was also linked with instigation in brain regions tangled in salience dispensation and exclusive function.

The author is biased as they only utilized MRI to gain information about the brain activity of social media by isolating the participant. The author believes that the brain responds only to monetary rewards where the brain is drawn towards economic value. The bias on the source affects the research findings in that the author relied solely on one tool, which is MRI which they would have utilized other ways to give conclusive evidence. This study is significant as it helps to know the neural correlates of providing feedback online. This is true because when linked with money, the Like is a very new notion, but it signifies an early human need.

### Source 3

Nesi, J. (2020). The impact of social media on youth mental health: challenges and opportunities. North Carolina medical journal, 81(2), 116-121.

Numerical technologies have developed a general feature of young societies' lives. Introduction to screens arises early in existence for several youths, with US teenagers under age two outlying a typical of 42 minutes per day with screen media. When the child reaches adolescence, the majority are entirely engrossed in smartphones, computers, and communal media. Current statistics propose that 95% of adolescents aged 13-18 have admission to a smartphone, and 88% have entered a desktop or processor at home. In 2018, 45% of US youths stated that they were online "almost continually," up from 24% only three years earlier. The universality of new media has created a progressively complex environment for youth, parents, health caregivers, and legislators to circumnavigate, creating new challenges and opportunities.

The author is biased in the source as they tend to focus more on the negative effects of social media than the positive ones. The author firmly believes that the con of social media among the youth outweighs the pros; for example, "the pervasiveness of social media has created an increasingly complex relationship." The source's bias creates a negative impression on the

audience, who may start to question the need for social media and technology among the youth. This source is important as it can be used by parents and guardians to limit the use of social media among teenagers, where a majority of them are exposed to social media at tender ages. The rhetorical appeals used by the author are, for example, the rise of suicide and depression cases among the youth. This article helps parents, guardians, and stakeholders know the cons of social media and why limiting the use among the child will result in both positive and negative effects.

#### **Source 4**

Viner, R. M., Gireesh, A., Stiglic, N., Hudson, L. D., Goddings, A. L., Ward, J. L., & Nicholls, D. E. (2019). Roles of cyberbullying, sleep, and physical activity in mediating the effects of social media use on mental health and wellbeing among young people in England: a secondary analysis of longitudinal data. *The Lancet Child & Adolescent Health*, 3(10), 685-696.

The research was conducted using a secondary method of publicly available data. The mental harms linked to the occasional use of social media use in girls might be due to a mixture of introduction to cyber bullying or shift of sleep or bodily activity. However, other apparatuses appear to be operational in boys. Intercessions to indorse mental health must include efforts to avert or increase pliability to cyber bullying and guarantee satisfactory sleep and physical action in young people. This article is biased towards young girls, unlike the boys. This bias affects the leader's belief that cube bullying occurs primarily in girls. This article is relevant because it shows the extremes of social media among teenagers, especially girls, shown by statistics of higher percentage in girls than boys.

#### **Source 5**

Keles, B., McCrae, N., & Grealish, A. (2020). A systematic review: the influence of social media on depression, anxiety and psychological distress in adolescents. *International Journal of Adolescence and Youth*, 25(1), 79-93.

Social media among the youth is highly linked with depressions and psychological stress among teens and youth. Due to depressions and anxiety, most teens end up dropping out of school and develop impaired social relationships, mental health problems and an increased risk of drug abuse in future. The author is not biased in his research as he does he states that the effects of mental on the youth are an ongoing study that is not known conclusively; however, he notes that more young people are seeking help despite stigmatization. This source is important because it shows the need for increasing awareness to let more youth come out of their depression to lead everyday lives.

#### **Source 6**

Lamblin, M., Murawski, C., Whittle, S., & Fornito, A. (2017). Social connectedness, mental health and the adolescent brain. *Neuroscience & Biobehavioral Reviews*, 80, 57-68.

This source examines the distinct differences in common ability partially dogged by genetic stimuli on brain arrangement and purpose, affect the quality and quantity of communal ties through adolescence, and that, equally, the structure of one's shared network employs intricate yet thoughtful influences on distinct behaviour and intellectual health. This article is essential as it focuses on the links between adolescent brain development and the broader social development and how the brain is affected by teenagehood to adulthood.

#### **Source 7**

Dunbar, R. I. (2016). Do online social media cut through the constraints that limit the size of offline social networks?. *Royal Society Open Science*, 3(1), 150292.

The use of social media among teens is seen exiting as they can reach people who would otherwise remain to be part of their memories. The number of friend requests is significantly higher in females than in males from research conducted using a stratified random sampling method. This source is biased because the random sampling method is not conclusive as the outcome could be based on different personalities, for example, introversion and extraversion. This article is important as it shows why there are higher levels of cyberbullying among females than males, which is because females attract a larger audience in the social media network.

### **Source 8 (Primary)**

Hadi, H. E. in person interview, March 21, 2021.

An interview with a first year medical student at Wayne State School of medicine was done to see if electronic devices have any physiological effect on the brain of the human. On Sunday march 21 at 1:30 pm Hadi El Ammar, a first year student at Wayne State School of medicine said “Social media works on the reward system of the brain which is the dopamine system, that is the same system that causes addiction”. Four questions were asked about how social media, Dr. El Ammar said that social media is just like eating something sweet or smoking and you get addicted to it, and it is the same because you get the rewards as a comment from some special or so many views on your posts and that is the main physiological effect involved. In addition to that, he said that social media is a virtual reality and it is not “YOU”, and this is a problem because nowadays the problem arises where you can find differences between the personality you find on the internet and the real life person.

This source is not biased, however it is important because you can view this issue from a person who uses social media and knows what is being posted, and also he is interacting with the teenagers. On the other hand, he has knowledge about the physiology of the human brain, Even though he stated in the beginning of the interview he is still learning and he doesn't have enough knowledge but he answered based on what he knows and what he is seeing on social media.