

University of Puerto Rico Aguadilla Campus

English Department

Argumentative essay: Instagram the Double Face Coin.

Alexander Rodriguez-Vale

Genesis A. Cartagena

Kristie Y. Gomez Torres

INGL 3201-L91

Prof. Ariana Morgan

November 20, 2022

Loving yourself is the hardest thing a human being can do, so if something is taking over your life negatively, would you keep using it? So, why would you keep using Instagram? It is a social media app that has over two billion users! Even though it can be a fun outlet to socialize and share exciting experiences, it does have its predicaments. Since it amasses a big audience, its influence is strong and a double face coin. Instagram has these negative effects: it has caused a detrimental effect on mental and physical health, it has caused our society to lose empathy, and lastly, it has caused the over consumption of products.

First and foremost, social media has caused a detrimental effect on kids, teens, and even adults. Even though Instagram can be a fun and creative outlet, unfortunately, people have taken the opportunity to hurt others. This has caused a ripple of effects on our society. According to the text: "...multiple studies have found a strong link between heavy social media and an increased risk for depression, anxiety, loneliness, self harm, and even suicidal thoughts." (Help Guide, 2022). Therefore, Instagram has had a great effect on our society, a negative one. In addition, as stated in the text "What they see on social media can define what is expected in ways that is not accurate and that can be destructive to identity development and self-image" (Columbia, 2021). Many studies have shown that people that spend too much time on social media are more likely to experience the effects stated before.

Did you know that over two billion people are daily users of Instagram? Making it the fourth most popular app! (Ruby, 2022). It is indeed a powerful app! Unfortunately, like everything in this world, it is a double sided coin! This app can be a source of business opportunities, making friends or even educational. However, most of the people who use the app are more focused on the likes or followers they have. Therefore, making their self worth out of those superficial things. Not until they have a certain amount of followers or likes, they will not think they are worthy to be loved. Hence, the reason why society has lost their humanity, and empathy towards others!

If you had the knowledge that something is causing physical and/or mental harm, would you still use it? While scrolling through Instagram you can find yourself scrolling without stopping and a few minutes can turn into hours. This is a direct result to Instagram not implementing stopping cues and encouraging their users to keep scrolling. The more you scroll the more overwhelmed you are going to feel with everything that you are seeing. It's an overconsumption of your time and mental/physical health. Instagram also feeds its user's unrealistic images and lifestyles. It's a constant struggle especially for girls to see models and wish they were like them. This could lead to various side effects for instance: depression, social anxiety, issues with self-esteem. Getting out of their home can result in a very difficult task just because of their fear of not reaching the "stereotypical beauty standards" and feel judged. In addition to the "stereotypical beauty standards" it can also cause online bullying, wish sadly has led to self-harm and even suicide.

To conclude, if something is harming your general health and life, would you not get rid of it? Instagram, one of the most popular social media app, and a creative outlet. It has two billion users, making it have a huge impact on society! This social media app is harmful to humanity, because: it has caused a detrimental effect on mental and physical health, it has caused our society to lose empathy, and lastly, it has caused the over consumption of products. So what side would you pick?

References

- Abrams, Z. (2021, December 2). *How can we minimize Instagram's harmful effects?* Monitor on Psychology. Retrieved November 16, 2022, from <https://www.apa.org/monitor/2022/03/feature-minimize-instagram-effects>
- Columbia (Ed.). (2021, September 27). Just how harmful is social media? our experts weigh-in. Search the website. Retrieved November 19, 2022, from <https://www.publichealth.columbia.edu/public-health-now/news/just-how-harmful-social-media-our-experts-weigh>
- Duffy, J. (2021, October 5). *Instagram's grim appeal as a silent self-esteem breaker*. CNN. Retrieved November 16, 2022, from <https://amp.cnn.com/cnn/2021/10/05/health/instagram-self-esteem-parenting-wellness/index.html>
- MacMillan, A. (2017, May 25). *Why Instagram is the worst social media for mental health*. Time. Retrieved November 16, 2022, from <https://time.com/4793331/instagram-social-media-mental-health/?amp=true>
- Ruby, D. (2022, October). *71 plus, Instagram statistics 2022*. Retrieved November 08, 2022, from <https://www.demandsage.com/instagram-statistics/>

